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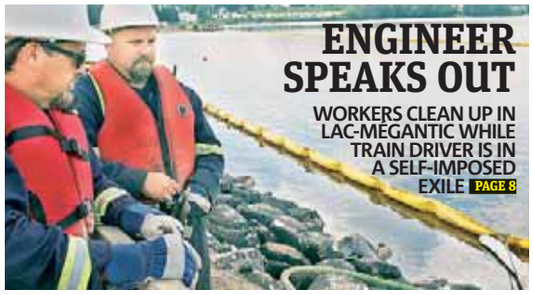

ENGINEER SPEAKS OUT

WORKERS CLEAN UP IN LAC-MÉGANTIC WHILE TRAIN DRIVER IS IN A SELF-IMPOSED EXILE PAGE 8

Glee star died of overdose

Cory Monteith took a toxic mix of heroin and alcohol, a coroner has found — a 'sad and tragic accident' PAGE 10

Billions on the line as subway vote delayed

Two transit projects now put into question PAGE 3

Toronto FC to keep changing

Manager Ryan Nelsen says he has not finished pruning the MLS team roster PAGE 25

NEWS WORTH SHARING.

Chris Brown teams up with 'worst' charity

Sick child wants to meet star. Bad publicity follows both Kids Wish Network and rapper, but a Canadian company is nevertheless granting one boy's 'dream'

JESSICA SMITH
jessica.smith@metronews.ca

A Canadian social media start-up is teaming up with "America's worst charity" and Chris Brown, hoping to bring an ill American boy to one of the controversial rapper's concerts in Canada this summer.

Wantster is a social media site that allows people to share wish lists of products they want, using a Pinterest-style interface, so friends and family can buy them as gifts.

Ky Joseph, a co-founder of Wantster, got in touch with Chris Brown's staff and offered to help him with his charity work via the Kids Wish Network.

"There's a young boy who is fighting a life-threatening illness," she said. "It's his dream to see Chris Brown and we're going to make that happen."

Wantster has offered to pay for the boy and his family to come to Canada to meet Brown in person, Joseph said.

Joseph is also the executive VP of sales at Evanov Communications Inc., which owns the radio stations sponsoring the upcoming Energy/Summer Rush tour Brown is headlining in Winnipeg, Halifax and Toronto in August.

Second chances

"I think that by boycotting something like this sends the message that people cannot make a mistake, cannot change and don't deserve a second chance."

Wantster's Ky Joseph on the Chris Brown concert controversy

Joseph isn't concerned about criticism of Brown's participation in the tour, over his highly publicized beating of Rihanna in 2009. Opponents have launched a 10,000-signature petition denouncing Brown and the tour has lost four sponsors, including Molson Coors and Rogers.

"I respect the intelligence and discretion of the public who will use its own judgment about whether or not to go to the show," Joseph said.

Kids Wish Network, which did not return calls and emails for comment, was recently named "The worst charity in America" by the Center for Investigative Reporting and the Tampa Bay Times.

"Every year, (Kids Wish Network) spends less than 3 cents on the dollar helping kids," the report says.

Chris Brown poses at the BET Awards last month. Brown is scheduled to perform in Toronto July 26, but fans will find out soon whether that show is still happening. SCOTT KIRKLAND/THE ASSOCIATED PRESS

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Medical transfer

Ombud: Taxis safer than ambulances

Patients in Ontario are safer taking a taxi to the hospital than risking their lives in an unregulated "beater" transfer ambulance, says ombudsman André Marin.

"Our investigators have uncovered serious problems with maintenance, staff training, and infection control with these vehicles, which transport hundreds of thousands of Ontarians every year," Marin said Tuesday.

In its 2012-13 annual report, the watchdog urged the government to take charge of a number of issues, including regulating the non-emergency medical transfer industry before it is too late. TORSTAR NEWS SERVICE

Remanded into custody

Mom, partner charged over son's death

A Toronto mother and her common-law husband have been charged with second-degree murder in the death of her two-year-old son.

Police were called to hospital Sunday night in response to the death of the 26-month-old, Nicholas Cruz. It is alleged the child had signs of physical trauma. A post-mortem examination is ongoing.

Marleny Cruz
TORONTO POLICE HANDOUT

Marleny Cruz, 25, and Joel France, 36, have been charged. Additionally, France has been charged with assault.

TORSTAR NEWS SERVICE

Coun. Denzil Minnan-Wong does a media scrum as council prepares to debate the Scarborough subway on Tuesday. The debate over whether to build a subway or a light rail train to replace the Scarborough Rapid Transit line ended late Tuesday with no final decision. DAVID COOPER/TORSTAR NEWS SERVICE

Transit debate: Whose $333M is it anyway?

Subway vote delayed until Wednesday.

Finance minister says Sheppard LRT money could be diverted, calling two transit projects into question

Replacing the Scarborough RT with a subway, rather than the light rail line currently planned, could threaten funding for the separate light rail line planned for Sheppard Avenue East.

A subway replacement for the RT would cost at least $1.1 billion more than light rail. Mayor Rob Ford, who argues that subways are superior, says the proposal is "dead" if the city cannot secure hundreds of millions of dollars from the federal government.

Ford suggested during a daylong council debate Tuesday that the city could get $333 million for the subway project from Ottawa — precisely the amount the Harper Conservatives were thought to have devoted to light rail on Sheppard.

After councillors raised concerns, Ford walked back his comments, saying that the $333 million was committed to Sheppard. But in an email to the Torstar News Service later in the day, Finance Minister Jim Flaherty's spokeswoman confirmed what Ford had said: The $333 million is up for grabs.

"The Harper Government has set aside $333 million for a transit project or transit projects in the City of Toronto. It is not allocated to any specific project, at this time. This funding is available but we are currently waiting for proposals," press secretary Kathleen Perchaluk said in an email. "As Minister Flaherty indicated, it is not the role of the federal government to decide on the infrastructure priorities of municipalities."

Ford then said in a statement: "I am not looking to reallocate funding from Sheppard to this project; we need new money." TTC chair Karen Stintz, who also backs the subway proposal, said the same. And the provincial transit agency, Metrolinx, says there is a formal federal commitment to Sheppard in the "master agreement" on light rail in the city.

The Flaherty announcement confused an already contentious and muddled debate. Coun. Gloria Lindsay Luby called the news a "game-changer"; Coun. Denzil Minnan-Wong said it left him "speechless."

The vote will likely be held Wednesday. TORSTAR NEWS SERVICE

Not a sure thing

It appeared as of Tuesday that a majority of councillors were prepared to choose the subway, and TTC chair Karen Stintz said her side has the votes to win. But support for the subway seemed to waver at least slightly over the course of the day.

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Hand over gang search warrants, judge orders

Project Traveller. Sealing orders on warrants finally lifted, but addresses are removed

Torstar News Service will launch a new court challenge to unseal Project Traveller search warrants, after a judge told court staff to hand over documents that were previously kept secret.

Court staff on Tuesday released three new orders sealing search warrants. All of the addresses have been removed, making it impossible to know if the orders cover all 40 warrants executed during the Toronto gang sweep.

"It is what we were asking for, so we're pleased that we've now gotten these orders," Torstar lawyer Ryder Gilliland said. "The fact that it took a month to get them, when they were sitting in a court file, suggests that the current system doesn't work as efficiently as it should."

After the June 13 raids, Torstar obtained one order sealing a search warrant and launched an application to unseal it, arguing that possible links to Mayor Rob Ford make the information in the public interest.

But efforts to obtain more documents have been obstructed by a court policy that requires members of the public to know both the address and date of execution to request a search warrant.

After Torstar wrote to the Ontario Court of Justice last week asking for help, it received a written response on Tuesday from Faith Finnestad, Toronto Regional Senior Justice.

"I have advised Court Services Division that upon a request for 'Project Traveller sealing orders,' they should release all of these orders, with any identifying information with respect to the locations to be searched redacted," she wrote.

Finnestad wrote that court staff had told her there were four sealing orders related to Project Traveller. One of the orders is the one Torstar obtained last month, with the 12 addresses now removed.

TORSTAR NEWS SERVICE

Byzantine system

- Peter Jacobsen, lawyer for other media outlets, said there is no reason to redact addresses on executed warrants. The execution period on all but one of the sealing orders ended June 14.
- He said there could be more documents court staff are unaware of. Often, sealing orders and search warrants are filed in envelopes that have only the judge's name and the date written on them.

Toronto fans show a little TLC for that other Justin

A crowd of fans, some of whom waited for more than nine hours, express their excitement at seeing Justin Timberlake and Trace Ayala on Tuesday at the Hudson's Bay flagship store on Queen Street. The pair made an appearance to promote their William Rast clothing line. Timberlake is performing at the Rogers Centre on Wednesday with Jay-Z. MICHELLE SIU/THE CANADIAN PRESS

TV ads paint Wynne as job creator

Premier Kathleen Wynne is touting her ability to help people find jobs in a bid to keep her own.

The Ontario Liberals will hit the airwaves across the province on Wednesday with a new 30-second TV commercial showcasing Wynne as a job creator.

Timed to coincide with five Aug. 1 byelections and narrated by the premier, the party-funded ad features gauzy shots of cavorting children, fast-moving night-time traffic, a farmer harvesting and workers in offices and factories.

"Whether it's your first day or your 35th anniversary, whether it's in the city you grew up in or the town you're raising your family in, on Main Street or the Tenth Line, whether it's on the farm or the factory floor and whether it's a starting point or your dream, it's a job," Wynne says in a soothing tone.

"I'm Kathleen Wynne and it's my job to create more of them," she says over scenes of her meeting with voters in a variety of campaign settings.

The ad echoes one aired by her predecessor, Dalton McGuinty, in the run-up to the October 2011 election.

The latest commercial — Wynne's first since succeeding McGuinty five months ago — comes as the minority Liberals contest byelections in Toronto, Ottawa, London and Windsor.

TORSTAR NEWS SERVICE

Premier Kathleen Wynne campaigns at Islington subway station on Tuesday for Etobicoke-Lakeshore candidate Peter Milczyn, left. TORSTAR NEWS SERVICE

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Honest Ed's, Annex-neighbourhood retail landmark, is up for sale. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Toronto retail icon up for sale

No word of a lie. Honest Ed's is best known for dazzling signs and annual turkey giveaways

For more than half a century, Russell Lazar has proudly walked into Honest Ed's to help run the iconic discount store.

He's known for weeks that it's for sale, that inevitably, he'll lose his second home and job as general manager.

"I'll miss it," he said Tuesday, strolling the aisles. "But we'll always have the memories."

'Save Honest Ed's'

A petition quickly appeared on Change.org, pleading for help to ensure a condo doesn't take its place and for the sign to live on.

Ed Mirvish, who died in 2007, opened the store in 1948. Son David helped expand the family business into an empire, which now includes Mirvish Productions.

David Mirvish, who has his eye on developing three condo towers on King Street West, said he knows the store is nearing its end. "You don't like to have to do these things," he said from New York. "Do we have to close now? No. But that's not when you want to close."

Mirvish would rather ease into a sale while the store is still afloat than have it sink and be forced to close, tarnishing his father's legacy. He's been quietly shopping the store, and Mirvish Village, to potential buyers and said he imagines it will remain as retail.

Meanwhile, Lazar is planning the store's 65th anniversary. "Not a year has gone by in 55 that it hasn't been exciting to work here," he said.

TORSTAR NEWS SERVICE

Mom in bar, kids in car

Woman charged with abandoning her children

A 36-year-old Windsor woman is facing charges after she left her children unattended in the car for hours while she drank and danced at a local bar.

The four children, aged two to nine, were found in the parking lot of Shooters Roadhouse in Amherstburg on July 7. A passerby heard a baby crying and called the cops. Police say the children were left in the vehicle for a few hours.

Jennifer North has been charged with four counts of abandoning a child.

LUKE SIMCOE/METRO

Hawt. GO trains and buses to get a makeover

Perhaps fearing its green hues are so fall 1966, GO Transit is giving its logo, buses and trains a makeover.

"After 47 years, GO is updating its look," said Vanessa Thomas, spokesperson for Metrolinx.

The new logo will see the word "GO" change from a medium green to a darker, forest green tone. The modification is intended to make the logo look better when used digitally, Thomas said.

On the trains and buses, the current green — a meadow hue that perfectly matches that of Ontario's highway signs — will be replaced by both the new logo green and a lighter apple green.

Fleet

60

The number of new train cars Metrolinx ordered from Bombardier last year, which will also come in the new green shades.

The change of colour on buses and trains does not add any cost, she said, as it is part of ongoing refurbishing.

Some face-lifted buses already made their debut earlier this month, and train passengers will notice the upgrade as early as next week.

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1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Taunton Rd. E
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2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
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NEWMARKET
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1065 Davis Dr.
18075 Yonge St.
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1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 17B
Leslie Center
OAKVILLE
1027 Speers Rd., Unit 22
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1500 Upper Middle Rd., Unit 2
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1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
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2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
919 Bay St.
525 University Ave.
45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W., Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit 2010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
1 Blue Jays Way, Suite 1200
UXBRIDGE
11 Brock St. W
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News in pictures

1 Egypt. Seven more die in clashes

A supporter of Egypt's ousted president tries to beat the heat. Clashes overnight left at least seven dead, authorities said Tuesday. NASSER SHIYOUKHI/THE ASSOCIATED PRESS

2 Russia. Pussy Riot back at it

Russian band Pussy Riot have released their first music video since three members went to prison last year. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

3 Gay rights. Activist slaughtered

Prominent gay-rights activist Eric Ohena Lembembe has been tortured and killed in Cameroon, Human Rights Watch said. ERASING 76 CRIMES/THE ASSOCIATED PRESS

4 NSA scandal. Snowden stuck

Ecuador's Foreign Minister Ricardo Patino said his nation hopes Russia will grant Edward Snowden temporary asylum, saying conditions do not permit his travel to Latin America. RODRIGO BUENDIA, AFP/GETTY IMAGES

5 India floods. Thousands missing

More than 5,700 people missing since floods devastated northern India last month are being presumed dead, top officials said Tuesday. ANUPAM NATH/THE ASSOCIATED PRESS

No way to convict Zimmerman: Juror

The six-woman jury ultimately voted to acquit a neighbourhood-watch volunteer in the killing of an unarmed black teenager after closely examining the law, a juror in the case said Monday.

George Zimmerman was charged with second-degree murder in the fatal shooting of 17-year-old Trayvon Martin last year, but the jury was also allowed to consider manslaughter.

The woman, known as Juror B37, told CNN's Anderson Cooper that when the jury began deliberations Friday, they took an initial vote. Three jurors — including B37 — were in favour of acquittal, two supported manslaughter and one backed second-degree murder. She said the jury started going through all the evidence, listening to tapes multiple times.

"That's why it took us so long," said B37.

When they started looking at the law, the person who initially wanted second-degree murder changed her vote to manslaughter, the juror said. Then they asked for clarification from the judge and went over it again and again. B37 said some jurors wanted to find Zimmerman guilty of something, but there was just no place to go based on the law.

B37 said jurors cried when they gave their final vote to the bailiff.

The interview came two days after Zimmerman's acquittal in the shooting death of Martin in a gated community in Sanford, Fla., where the teenager was visiting family. Martin was black, and Zimmerman identifies himself as Hispanic. While prosecutors accused Zimmerman of profiling Martin, Zimmerman maintained he acted in self-defence.

THE ASSOCIATED PRESS

Vigils, rallies planned

100

Civil rights leaders said Tuesday they are planning vigils and rallies in 100 U.S. cities this weekend to press the federal government to bring charges against George Zimmerman.

From a self-imposed exile, train engineer speaks out via lawyer

Lac-Mégantic disaster. Lawyer dispels claim that Tom Harding is under 'police control'

The train engineer at the centre of the Lac-Mégantic disaster investigation is emotionally "devastated" by the tragic event, his lawyer says.

Tom Harding has vanished from public sight, and his lawyer's comments Tuesday shed some light on how he has responded to the tragedy.

Lawyer Thomas Walsh said his client has been staying at an undisclosed location, on his advice, to avoid the constant barrage of journalists at his Eastern Townships home.

Walsh said he's hoping to get Harding psychological help.

Edward Burkhardt, the head of the rail company, had told reporters last week that his engineer was under "police control" as the subject of a criminal investigation.

"Nothing (of the sort)," Walsh said Tuesday. He said Harding has not been arrested or charged with any crime stemming from the accident.

"He's talking through his hat, as far as I can see."

THE CANADIAN PRESS

Role in accident

Tom Harding's role is a central question in the tragedy. His own company called him a hero before announcing his suspension.

- He is also named as one of the defendants in an attempted class-action suit.
- One question is whether the veteran railman applied the appropriate number of hand-brakes before ending his shift.

A fireman walks through debris Tuesday at the site of the train derailment and fire in Lac-Mégantic, Que., that left 37 people confirmed dead and another 13 missing and presumed dead. RYAN REMIORZ/THE CANADIAN PRESS

France

Neo-Nazi arrested over terrorism fears

A Norwegian black metal musician and alleged sympathizer of mass murderer Anders Behring Breivik was arrested Tuesday on what French authorities say was suspicion he could be planning "a large terrorist act."

The Paris prosecutor's office identified the suspect as Varg Vikernes, a neo-Nazi who earned notoriety in the 1990s after he was convicted for manslaughter in the stabbing of a fellow band member and for arson attacks on three churches.

Vikernes' wife, Marie Cachet, was also arrested, the prosecutor's office said. She had recently acquired four rifles, the interior ministry said. THE ASSOCIATED PRESS

United Kingdom

Cops sorry for using names of dead kids

Britain's top policeman has apologized for using the names of dead children to help establish false identities for undercover work.

A report published Tuesday revealed that the names of 42 dead children — born between 1940 and 1975 — had been used by police.

Metropolitan Police Chief Bernard Hogan-Howe says he is sorry for the "shock and offence" the tactic caused.

The report indicates that security services may also have used names of the dead.

The report says that families have not been told because that would put undercover agents at risk.

THE ASSOCIATED PRESS

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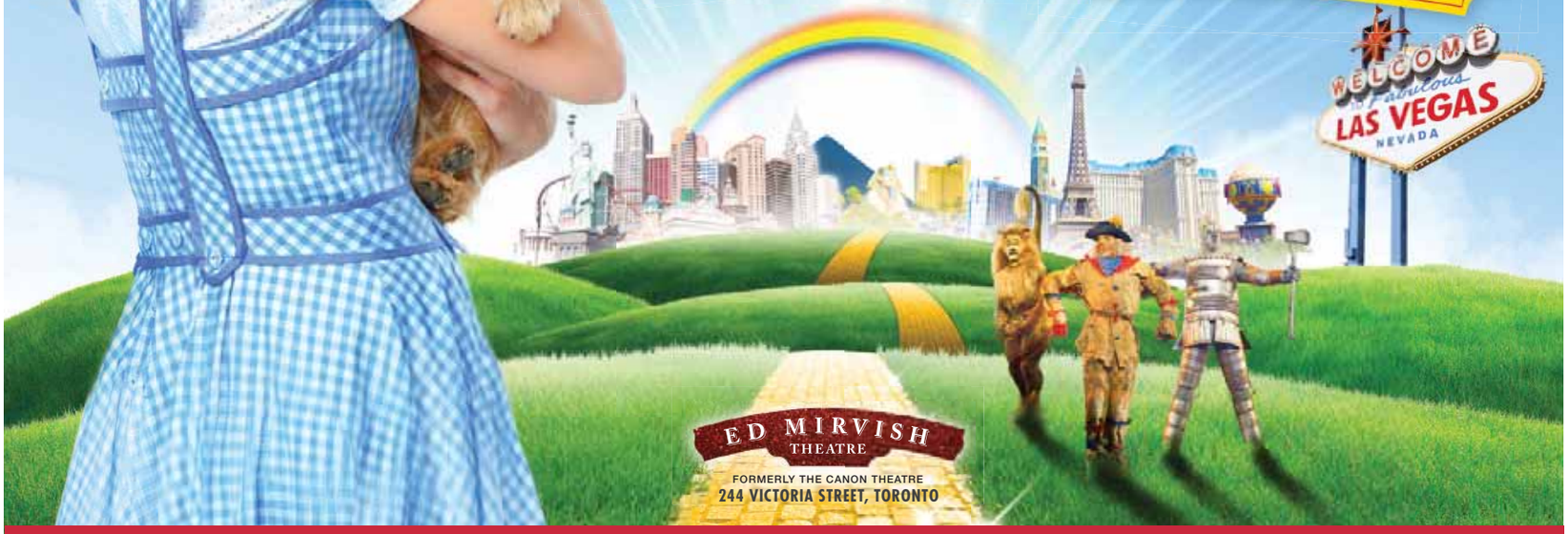

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Mix of heroin and alcohol killed Monteith: Coroner

Vancouver. Actor's death last weekend deemed an accident

Glee star Cory Monteith spent his last evening out on the town with three friends before returning to his luxury Vancouver hotel room alone where he took heroin and died early Saturday morning, police and a coroner say.

"There's absolutely nothing, no evidence to suggest this is anything other than the most sad and tragic accident," coroner Barb McLintock said in a news release after her office concluded an autopsy and toxicology tests.

She said the coroners' investigation will continue. Police say the unanswered questions McLintock's office will determine include the levels of alcohol and heroin in Monteith's system and whether the 31-year-old star was the victim of a bad batch of heroin, something which turns up from time to time in Vancouver.

But Const. Brian Montague said the police investigation is finished.

He said the two women and another man Monteith were with that night co-operated fully with police.

"We're pretty confident we know where they were or what they were doing," he said.

"There were no signs of a struggle or a robbery. There was evidence in the room that was consistent with a drug overdose."

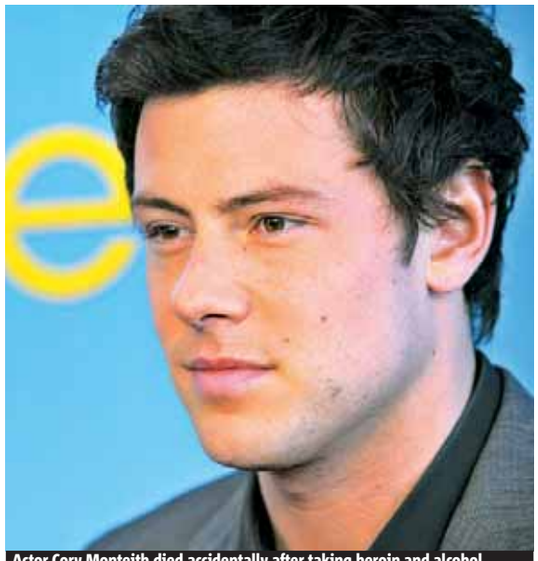
Montague declined to elaborate. He said officers will not be pursuing where Monteith might have got the heroin.

Monteith was a supporter of the Project Limelight Society, a Vancouver charity that offers a theatre program to at-risk youth. His family has requested donations in his name be made to Project Limelight and two other charities.

THE CANADIAN PRESS

Overdose risks

- Aiyanas Ormand, with the Vancouver Area Network of Drug Users, a group that advocates for better public policy around illicit drugs, said seasoned heroin users would "taste" the drug first, meaning they would inject a small amount and get a sense of it.
- "Often where you get people OD-ing, it's with less experienced users or folks who have been in jail or detox and their body was once accustomed to much larger doses.... It can be deadly," he said.



Actor Cory Monteith died accidentally after taking heroin and alcohol, officials say. CHRIS PIZZELLO/THE ASSOCIATED PRESS FILE

Documents. Aboriginals were nutrition test subjects

Recently published historical research says hungry aboriginals were once used as unwitting subjects in nutritional experiments by Canadian government bureaucrats.

Government documents revealed to researcher Ian Mosby a long-standing experiment that came to span the entire country and involved at least 1,300 aboriginals, most of them children.

It began with a 1942 visit by government researchers to remote reserve communities in northern Manitoba.

They found people who were hungry and a demoralized population marked by, in the words of the researchers, "shiftlessness, indolence, improvidence and inertia."

The researchers suggested those problems were the results of malnutrition. Instead of recommending more support, they decided these people would be ideal subjects for tests on the effects of different diets. THE CANADIAN PRESS

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August 22 - 9:00am -10:30am - Using Data Validation With Custom Rules
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Invasion of the lionfish. Voracious predator spreads in the Atlantic

In this image taken from video, two lionfish are shown in an aquarium at the Nova Southeastern University Oceanographic Center in Dania Beach, Fla. Desperate for control over their populations in the wild, Florida this year enlisted volunteers and amateurs to go after the fish. SUZETTE LABOY/THE ASSOCIATED PRESS

The invasive lionfish that crowds coral reefs and preys on native fish in the Atlantic's shallower waters is such a problem that divers in Florida and the Caribbean are encouraged to capture and eat them whenever they can.

Lionfish, which have venomous spines, are a well-documented problem in Atlantic coral reefs, where the 25 centimetre-long, one- pound invaders from the tropical parts of the Pacific and Indian oceans live without predators and eat other fish voraciously. What's slowly coming into view is how deep into the ocean their invasion has spread.

Researchers and wildlife officials worry that lionfish may undo conservation efforts aimed at rebuilding populations of native predators such as groupers and snappers. Lionfish gorge on the young of those species, as well as their prey.

THE ASSOCIATED PRESS

A buck a call? CRTC nixes pay phone hike

Canada's telecom regulator is hanging up on Bell Canada's bid to increase the cost of using a pay phone. The Canadian Radio-television and Telecommunications Commission has rejected a request by Bell to charge people more to use coin-operated land lines, a familiar fixture of the pre-cellphone age.

"This is, in our view, a victory for today," said Janet Lo, legal counsel for the Public Interest Advocacy Centre.

"We're very pleased that the commission stood up to Bell's request."

The CRTC is also considering whether to take steps to prevent the company from pulling less profitable pay phones out of underserviced communities.

Bell and its subsidiary Bell Aliant Inc. had asked for permission to boost the price of a local call to as much as $1, compared with the current price of 50 cents.

THE CANADIAN PRESS

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From print to digital

Sun Media closes papers, cuts jobs

Sun Media Corp. is slashing 360 jobs and shutting down 11 publications across the country, saying it needs to invest more heavily in digital news to lure in younger readers.

In addition to job cuts, the newspaper publisher is closing down eight community newspapers and its 24 Hours free daily papers in Ottawa, Calgary and Edmonton.

The company said the plan is expected to yield annual savings of approximately $55 million.

THE CANADIAN PRESS

Market Minute

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NOT EVERY DOG HAS ITS DAY

JUST SAYIN'

Mike Benhaim
Guest columnist

The daily news is filled with reports of racism, sexism, ageism and absurdism, but a large faction of this country's population silently faces a form of discrimination I like to call anti-caninism. That's right, people who hate dogs. You know the type; distinctly anti-social, but ultra-sensitive to child safety, hypothetical allergies or the physically challenged, as long as the disability doesn't require canine assistance.

Wherever dog owners gather, there is inevitably, some scowling curmudgeon hiding in the bushes taking video of puppies peeing on grass. Oh no! Now, we've exposed the children! For centuries, scientists have been mystified by the various causes of disease, but 'Pooch Patrol' has connected it all to dog urine. Parents beware: Your local park has not been sterilized for your kids' protection.

We belong to a culture spoiled by the freedom to dismiss ourselves from all responsibility. Parents use children as the excuse by which to perpetuate their own ignorance, and we spout improperly learned notions as universal truths.

Now, I'm not implying that the enlightened 19-year-old at 7-Eleven is not thoroughly versed in Canadian law but I recently entered one while holding my 10-pound Maltese.

Apparently, just having a dog exempted me from the basic courtesies afforded to the general public, let alone patrons.

"Mister, you can't have that dog in here!" She told me. When I questioned the hostility, she said, "It's against the law." (Gasp!) Am I a criminal now? Naturally, I probed further. "What about service dogs?" Apparently, our crackerjack legal scholar was ill-prepared for such meticulous cross-examination, as she responded with "Huh?" I specified, "What about seeing-eye dogs?"

And it was then that my clever foe truly earned the right to wear that plastic name tag by delivering a stunning rebuttal of "It never happens."

Well then folks, I guess the law is clear. Only it really isn't.

Canada's Animal Pedigree Act prohibits animals from direct contact with food preparation. Beyond that, every province, municipality and establishment owner has their own unique set of rules.

Parks, malls and department stores can legally allow your dogs, only many of them choose not to. One manager actually admitted that it depended largely on personality. That of the dog AND its owners.

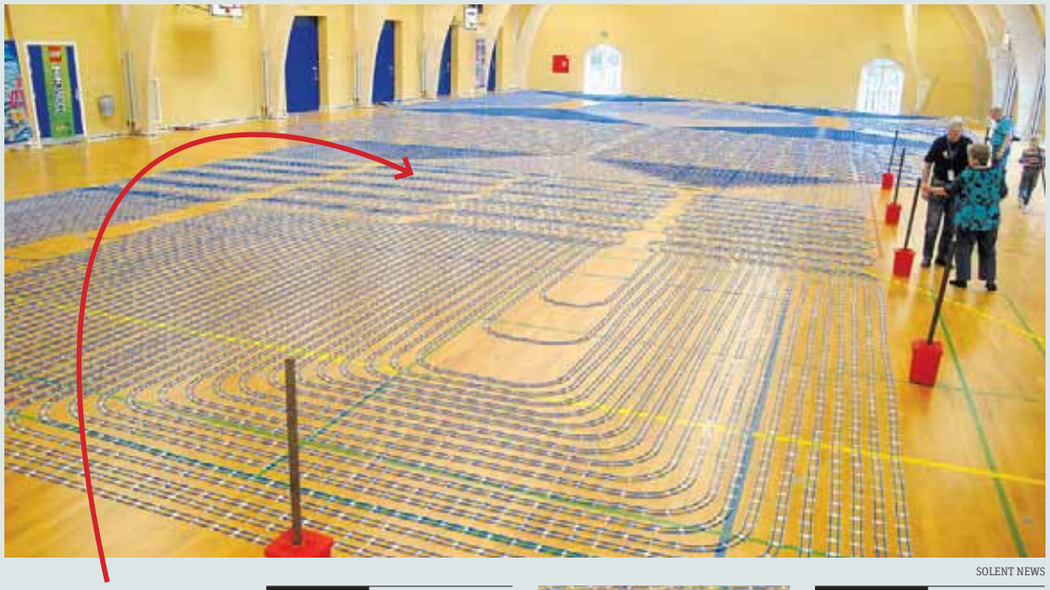
Hound-friendly malls and patios exist throughout Canada, but all it takes one anti-caninite complaint to spoil the show. It's never about them. These are just selfless citizens doing their part to protect the helpless from your vicious Chihuahuas.

Friends, think of dogs as babies. They can be cute, and at times disgusting, but they are part of the population and deserve to share the world with everyone else. So let's exercise a little tolerance and open public places to man's best friend.

Paul Sullivan will return July 31.

ZOOM

They have a proven track record



SOLENT NEWS

Longest Lego train track built

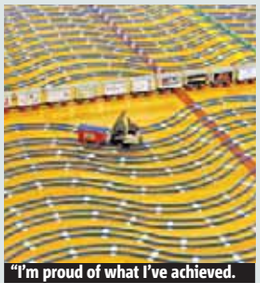
A Lego fan was on the right track when he assembled 93,072 plastic bricks to make the world's longest toy train circuit. Henrik Ludvigsen from Roskilde, Denmark, and a team of 80 others spent 18 months designing the track that measures 4,000 metres, which has earned him a Guinness World Record.

METRO

Lego land

"I was cleaning out a room in our house when I found all my old blue tracks. While my wife was asleep on the couch I went off to surf the Internet and got this crazy idea that I wanted to build the world's longest Lego train track."

Henrik Ludvigsen, 43, technology officer



"I'm proud of what I've achieved. It was a dream come true, a dream founded more than 35 years ago." Ludvigsen spent some $75,000 on the feat. SOLENT NEWS

A long ride

3 hours, 22 minutes

is the time it took for a Lego toy train to complete a lap of the 4,000-metre-long route.

In 1934, Danish toy inventor Ole Kirk Christiansen named his new company Lego, formed from the Danish words "Leg Godt" meaning "play well." In Latin 'lego' means "I study" or "I put together."

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Excellent news! The Zen offered up by Explore.org's livestream of brown bears chilling in an Alaska river last summer is back for another year. Keep that, and perhaps these others, open in a tab for a bit of nature in your workday.

LONDON LOOKS/FLICKR

Puffin Burrow

If your tastes are more avian than ursine, rest easy because the bears aren't the only stars in Explore.org's stable. Get voyeuristic by creeping on a pair of nesting Atlantic puffins off the coast of Maine. (explore.org)

Kitty Cams

OK, fine. This isn't a livestream. But they do have a wildly entertaining first-person collection of noted cat hijinx like peeking in neighbourhood windows, harassing lizards, giving guff to dogs and keeping the stoop possum-free. (kittycams.uga.edu)

Vancouver Aquarium

It's hot. You're stuck at work. Cool off with critters that know how to enjoy the life aquatic. Sea otters, penguins and belugas bring the cute. Jellyfish are standing by in case you need something to synch your Pink Floyd albums to. (vanaqua.org)

Letters

RE: Jenny's Got A View, And I've Got One Too, published July 16

I am neither a fan of The View nor a fan of Jenny McCarthy, however I was surprised and appalled by your opinion of the subject matter of a possible relationship between vaccinations and autism.

My question to you, when you have read your articles to form your opinion around the subject matter of vaccination in relationship to autism, have you considered your sources? Were the surveys that you may have read funded by the pharmaceutical big businesses?

Have you read any articles from parents who noticed a considerable change in their child after a vaccination? Have you completed a thorough investigation? Based on your comments, I expect that you have not.

I believe that vaccinations are meant to help the community at large, and as we all know they have saved us from much disease and heartache. Is it possible that we may need to revisit or review our ingredients or timeline to vaccinations?

I think that it is disrespectful for individuals with no experience or thorough knowledge to make judgements on others based on their experiences just because their experience differs from your own.

Valerie Doyle

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for MEN and for WOMEN

#1 SELLING IN CANADA

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We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).***
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

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Conjuring up a number of familiar horror themes

New movie.
Supernatural flicks aren't anything new but the creepy cranks continue to kill at the box office and on screen

IN FOCUS
Richard Crouse
scene@metronews.ca

The Conjuring has some spooky stunts. HANDOUT

The Conjuring, the new film from Saw co-creator James Wan, plays like a mash-up of The Exorcist and a particularly spooky episode of Ghost Hunters. Based on true events, it follows one of the most devilishly famous cases of real life paranormal investigators Ed and Lorraine Warren.

The ghostly action begins when the Warrens (Patrick Wilson and Vera Farmiga), self described "demonologists, ghost hunters … and kooks," are called in to investigate the haunting of a rambling old farm house purchased by the Perron family, Roger (Ron Livingston) and Carolyn (Liv Taylor) and their five daughters.

The house is creepy. Doors slam, someone or something gooses the girls while they sleep, clocks stop at 3:07 precisely and the smell of rotten meat hangs in the air.

It's spooky stuff, but it's not the only supernatural case the Warrens investigated that went on to find notoriety on the big screen.

The Haunting in Connecticut breathes the same air as The Town that Dreaded Sundown, Death Tunnel or any movie involving evil spirits, a haunted house, an old aboriginal cemetery or former insane asylum.

The film takes its story from the much documented life experience of Carmen Snedeker and her family who were tormented by evil forces after moving into a reconverted funeral home in Southington, Connecticut.

In the real life 1986 case the Warrens were called in and declared the Snedeker house to be crawling with demons, the result of former funeral home workers practicing necrophilia on the site.

How accurate was the movie?

"I was also told about scratching on the walls, blood and seances," Lorraine Warren told MyRecordJournal.com. "That isn't the type of things that were occurring within the house at all. The movie is very, very loosely based on the actual investigation."

The eerie couple's most notorious inquiry occurred at 112 Ocean Avenue in Amityville, Long Island.

The paranormal experiences of the Lutz family, who claim to have been terrorized by supernatural forces after moving into a large Dutch Colonial house where Ronald DeFeo, Jr. shot and killed six members of his family, came to be known as The Amityville Horror.

It has been the subject of 10 movies, a number of books and was a memorable case for Lorraine Warren.

"The case itself has affected our personal lives more than any other case we've ever worked on in 54 years of research," she said.

Animated

Turbo

Director. David Soren

Stars. Ryan Reynolds, Paul Giamatti and Samuel L. Jackson

Ryan Reynolds voices Turbo, a snail obsessed with car racing. His need for speed is fulfilled after inhaling engine fumes that rev up his metabolism to the tune of 200 m.p.h., a talent that earns him a spot at the Indianapolis 500. The movie is amiable, with beautiful animation and great voice work from Paul Giamatti and Samuel L. Jackson. Too bad it's saddled with a dullish script that's as uninteresting as escargot without garlic and butter. It feels padded with music and montages and moves at a snail's pace, which seems like it should be appropriate for this movie, but really isn't.

RICHARD CROUSE

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Beat Café – Raine Maida

Sisters Emily Robison, left, and Martie Maguire of the Court Yard Hounds. BRUCE GILBERT/THE ASSOCIATED PRESS

Creative freedom? Release the Hounds

Calling from Milwaukee, getting ready to perform with her sister as part of the Court Yard Hounds, Martie Maguire sounds totally at ease.

"I'm just trying to keep my kids awake, because they want to come up on stage with me and do some Irish dancing, so I was like, 'Well, it's at 10 o'clock tonight, I don't know,'" she says.

These aren't merely the practical musings of just any mother. From the mid-'90s to the early 2000s, there were few names bigger in country music than the Dixie Chicks, composed of Maguire, her sister Emily Robison and Natalie Maines. After controversial comments about then-U.S. President George W. Bush turned them into industry pariahs, Maguire and Robison went on to form the Court Yard Hounds, who will release their sophomore album, Amelita, on Tuesday.

"We didn't have to be answering to anything, or writing certain kinds of songs our fans are used to listening to. Creatively, it kind of opens the doors to whatever."

THE ASSOCIATED PRESS

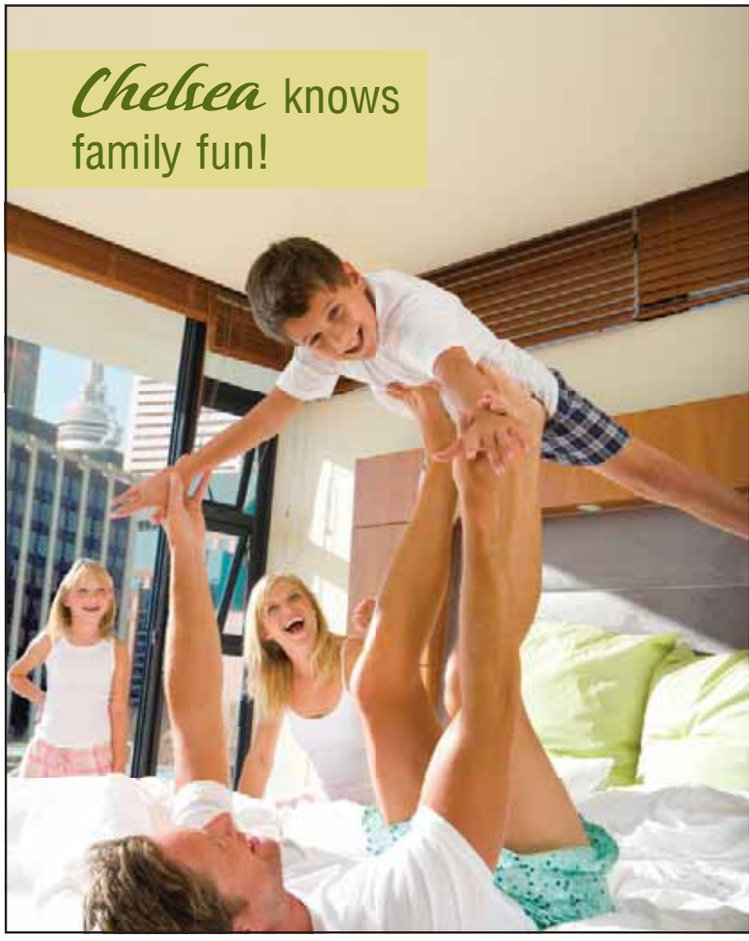
Documentary

Venus and Serena

Director. Maiken Baird, Michelle Major

Stars. Venus Williams, Serena Williams

In this compelling documentary, filmmakers Maiken Baird and Michelle Major follow Venus and Serena Williams throughout the 2011 tennis season — a year plagued with health and personal problems — and provide a glimpse into the aging titans' struggle to stay on top. Candid interviews cover and range of topics while reminding audiences of the extraordinary impact the Williams sisters have had on the sport. MANORI RAVINDRAN



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Jane Lynch explains low-key divorce

Jane Lynch wants to make it clear that while she is in fact divorcing wife Lara Embry, the split is not as big of a deal as tabloid reports have made it out to be. "It's not dramatic. It's not a horrible thing. It's something that we're dealing with," Lynch tells Larry King in an interview. "It's two people who just decided it's better to go apart than stay together."

Jane Lynch

Twitter

@RedHourBen
Making sure to sit on couch at least 2 hours today so my muscles wont be shocked by the rest day.

@justinbieber
It isn't just about music & performing 2 me. I care about all of u. I want to make the world better with this gift. Thought u should know :)

@lenadunham
My therapist is looking goooood.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Fergie ALL PHOTOS GETTY IMAGES

Fergie looking to change both of her names

Just in time for the arrival of her first child with husband Josh Duhamel, Fergie is reportedly looking to change both of her names. The pop singer filed a petition in L.A. to legally change her full name from Stacy Ann Ferguson to Fergie Duhamel, since Fergie is "the first name which she is commonly and professionally known as, and has been for many years," the petition states, according to E! News. But she'll have to wait until Aug. 16 to find out if the court is cool with it.

The Word

Kristen Stewart is not grimacing with Michael Pitt

Too-cool-for-school couple Kristen Stewart and Michael Pitt probably aren't sighing loudly while they attempt to gather the enthusiasm to have sex with one another.

Rumours swirled earlier in the week that Stewart may have found a new leading man in former Boardwalk Empire star Michael Pitt since meeting at Paris Fashion Week.

"Kristen's not over Rob but she's getting there, and Michael's helping her through it," a source tells The Sun.

"She vowed to throw herself into work and be single this summer, but when she met Michael last week, they hit it off." And the two apparently have a lot in common, according to the source: "They both hate the spotlight and are smart bookworm types."

But not so, says Pitt's rep, telling E! News, "While we do not comment on our clients' personal lives, please know that there is absolutely no truth whatsoever to this rumour that Michael Pitt and Kristen Stewart are dating." PAT HEALY

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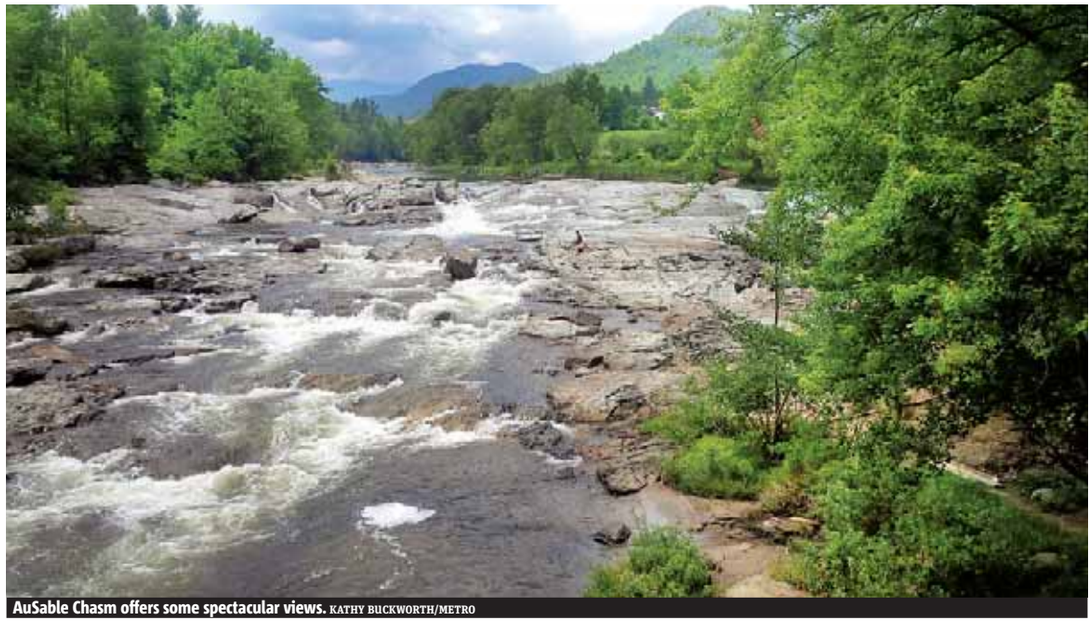
DEFINITELY DEAD

Looking for a Placid time?

Family fun. Lake Placid mixes natural beauty and a laid-back vibe to make the perfect getaway for stressed out city dwellers

KATHY BUCKWORTH
life@metronews.ca



AuSable Chasm offers some spectacular views. KATHY BUCKWORTH/METRO

Busy families looking to unwind, unplug and undo their daily demands will instantly appreciate the aptly titled Lake Placid, with calm waters showcasing a shoreline dotted with "Great Camps", built in a bygone era when wealthy families from New York City hauled their families up north to escape the city heat and bask in the beautiful mountains of the Adirondacks.

The town of Lake Placid has a '50s feel to it, partly because of the protected park status, and partly because the town embraces the quirky feel of a mountain holiday, year round. It's hard to travel more than 100 feet down the main street, or anywhere in the surrounding area, without tripping over an Adirondack chair (which Ontarians call Muskoka Chairs).

Built five years ago very much in the style of the Great Camps, the luxurious Lake Placid Lodge has become the place to stay, with celebrities and other New York notables on their preferred customer list. The Artisan Restaurant has also become the "unofficial country club" of the many wealthy camp/luxury homeowners in the area. An award winning chef and meticulous attention to detail (not to mention a world class mixologist at the bar) combine to make an extravagant dining experience.

There is a form of accommodation to fit every preference and budget.

The town and surrounding villages offer fun B&B's full of local character, like Nan and Red LaFountaine's Paradox Lodge, which features birch bark ceilings and uniquely local antiquities. Cozy bedrooms feature modern bathrooms and a wonderful family cottage feel. The Lodge backs onto a bay leading into the lake, and Red's homestyle breakfasts are the perfect start to a busy day getting out to the many outdoor adventures available.

The restaurants and bars are as diverse as the lodgings, with the Brown Dog Café, a popular favourite, featuring fantastic views of Mirror Lake, where diners can watch the sun go down as canoers and kayakers glide by. During the day, it's easy to grab a fresh deli sandwich at The Little Super Market and head down to the local beach on Lake Everest in Wilmington.

If you go...

Lake Placid is located about a five-hour drive from Toronto. Visit lakeplacid.com for more information.

A short drive away, the covered bridge in Jay (rebuilt in 2007) represents the rich history of the area, and the flat rocks that the AuSable River flows over make it the perfect spot to cool off on a hot day.

But it's not all calm in this area of the Adirondacks. During the winter it is the destination of choice for adventurous skiers and snowboarders, anxious to recreate runs they watched during the 1980 Olympics on Whiteface Mountain, and in the summer the hills are taken over by warrior gangs of mountain bikers. The base area around Whiteface, also with protected status, remains untouched by the usual array of condominiums, hotels, bars and restaurants, for a true mountain experience.

The AuSable Chasm is about an hour's drive from Lake Placid, and the spectacle of the chasm is as awesome as the Adventure Trail that's been developed.

Cable pulls, rappelling and swaying bridges are for the brave of heart. The Intermediate Trail offers a terrific mix of easy strolling and heart stopping rock wall scaling.

The Wild Centre is a great stop to make on the way to or from Lake Placid, situated in Lake Tupper. This 31-acre wildlife conservation area will have the kids entertained with more than 900 live animals.

In the heart of Lake Placid, Olympic Center is home to two arenas, both famous in their own right. The figure skating arena was the site where Sonja Henie won gold during the 1932 Olympics, and the hockey arena is home to the legendary Miracle on Ice match between the Americans and the USSR. A quick look at the wall plaque reveals that the 1980 Olympics were also the year speed skater Eric Heiden won 5 gold medals and Canadian Gaetan Boucher won a silver medal.

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Make your next holiday a real-life Shark Week

Scary snorkel.
Don't worry, these sharks at La Jolla Beach don't bite

This September 2010 photo shows leopard sharks at La Jolla Shores Beach in California. THE ASSOCIATED PRESS/ANDREW NOSAL

Just beyond the breakers at La Jolla Shores Beach, hundreds of dark figures cruise through the sandy shallows like a scene in a horror movie.

In most cases, the sight of one shark, much less hundreds, would spark panic.

The leopard sharks of La Jolla, Calif., induce a different response. Instead of racing toward shore, visitors here head out toward the deeper water to get a closer look.

And for those who get the chance to swim with the sharks, the experience is unforgettable.

"I've been doing it for years and I still go out and swim with them," said Ezekiel Morphis of HBK Sports, which offers kayaking and snorkelling tours with the sharks. "I think it's awesome."

The leopard sharks come close to shore from June to early December, peaking between August and September, when hundreds congregate along a small stretch of this beach north of San Diego.

The sharks are mostly pregnant females and juveniles are rarely seen, so scientists believe they gather here to help with the gestation process.

Because of a submarine canyon just offshore, the waves at La Jolla Shores tend to be smaller, which keeps the colder water of the deep from mixing with the warmer water of the shallows. With the small waves and warm water, it becomes a perfect place for the cold-blooded leopard sharks to hang out before giving birth someplace else.

"What these females are essentially doing is incubating," said Andrew Nosal, a postdoctoral researcher at the Birch Aquarium in La Jolla. "They've developing embryos like a mother bird would sit on the eggs to keep them to warm."

That's all interesting, but we know what you're thinking: Isn't it dangerous to swim with sharks in the open ocean?

No, at least not with these sharks.

Leopard sharks, unlike larger, fear-inducing species like the great white, are non-aggressive and actually a bit timid, darting away whenever there's a commotion in the water.

Leopard sharks also have small mouths and teeth — they feed on crustaceans, shrimp and bony fish — so even if they did bite, it wouldn't cause nearly as much damage as some of the larger fish swimming around.

It's still the ocean, though, so there's always the chance larger sharks might come in to feed, but attacks on leopard sharks near La Jolla are almost unheard of.

"There's always a small risk of danger when you swim with animals," Nosal said. "But leopard sharks are generally non-aggressive. They're actually quite skittish and can be quite difficult for snorkellers to approach. The best way to swim with these animals is to float because kicking or any kind of noise tends to scare them away."

Despite knowing the sharks are docile, it still can be a bit unsettling on the first encounter, even for the adventurously inclined.

THE ASSOCIATED PRESS

If you go..

- **Leopard sharks in La Jolla.** Prime viewing season for leopard sharks at La Jolla Shores Beach, located north of San Diego, peaks between August and September.

Travel tip

Don't let stormy skies deter you from deals

ON THE MOVE
Loren Christie
life@metronews.ca

Looking for a great deal to the Caribbean? The best value vacations can be found now through Nov. 30, during the Atlantic storm season. Although standard booking conditions for most airlines and tour operators do not offer compensation should bad weather ruin your vacation, there are an increasing number of hotels and resorts, tour operators and even destinations, like Bermuda or the Cayman Islands, that offer something called a hurricane guarantee.

The guarantees are designed to encourage you to book during the off-season by offering additional protections against your holiday investment. Although every guarantee is different, you will find some common elements such as; the policy only applies if the hurricane is deemed a Category 1 or stronger by the U.S. National Hurricane Centre. It kicks in when flights have been cancelled or when a hurricane is sure to strike and it may only cover part of your loss, like the actual storm-affected days or your flight home. Generally the hotel, resort or travel provider will not charge cancellation or change fees on the interrupted vacation and will allow you to rebook for a later date. Don't expect a full refund.

If you are anxious for a cheap sun holiday and think it's worth the risk, make sure you understand the fine print. Give your full contact details to the airline, including a local phone number, so they can contact you should an evacuation be necessary. Or consider booking through a travel agent who can take care of all of those details and advocate on your behalf if you need to make a claim on your hurricane guarantee.

If the threat of a potential hurricane is too much of a headache for you, visit the islands in the southern Caribbean such as Barbados, Aruba or Trinidad and Tobago, which are far less prone to extreme weather.

Also consider booking a cruise. A ship can change its itinerary to sail around a storm. Your ports may change, but at least you follow the sun.

Hurricane guarantees can seem appealing in storm season. ISTOCK

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Hike your way to health in B.C.

Mountain Trek.
Can't lose that belly fat? Then B.C.'s Mountain Trek might be the vacation for you

VAWN HIMMELSBACH
life@metronews.ca

Going on a retreat where you exercise like an Olympic athlete while giving up all your vices — caffeine, alcohol, sugar — and severely reducing your caloric intake may not exactly sound like a "vacation."

But that's the concept behind Mountain Trek, a hiking-focused fitness retreat and health spa in the Selkirk and Purcell ranges of B.C.'s Rocky Mountains, set in a luxury alpine lodge overlooking Kootenay Lake. Once you get through the caffeine withdrawal, you might find it's one of the best vacations you've ever taken.

Though one recent participant said his son kept telling his friends that his dad was going away to "fat camp," that's not the philosophy behind the program. Rather, it's an "induction" week to reboot your metabolism and promote wellness.

Chronic stress is the No. 1 workforce injury and the foundation of 90 per cent of disease, said Kirkland Shave, program director and lead guide with Mountain Trek. "It's a vacation that's a health investment," he said.

Many Westerners live a sedentary lifestyle, while eating far more than necessary — and our hormones have adapted to this "catabolic" state. This results in everything from fat storage to muscle loss, tissue inflammation, fatigue and chronic stress. Oh, and premature aging.

Aside from providing a "fat flush," the program also provides tips to help reduce stress and anxiety, rebalance hormones, reset sleep patterns, refocus nutritional patterns and release toxins.

After a long day of exercise, kick back at the lodge. HANDOUT

That being said, almost all participants have lost weight, reduced their fat percentage, and whittled their hip, waist and chest circumference in about a week. Men lose an average of 6 to 8 pounds a week, while women lose an average of 4 to 6 pounds.

This is a typical day at Mountain Trek: Wake up at 6 a.m., fuel up with a herbal tonic and protein shake, do an hour of yoga, eat breakfast, then head out on a three-to five-hour trek in a different location each day (guests are divided into groups based on fitness level, accompanied by experienced guides). Back at the lodge, guests take seminars on topics ranging from nutrition and fitness to sleep and stress management.

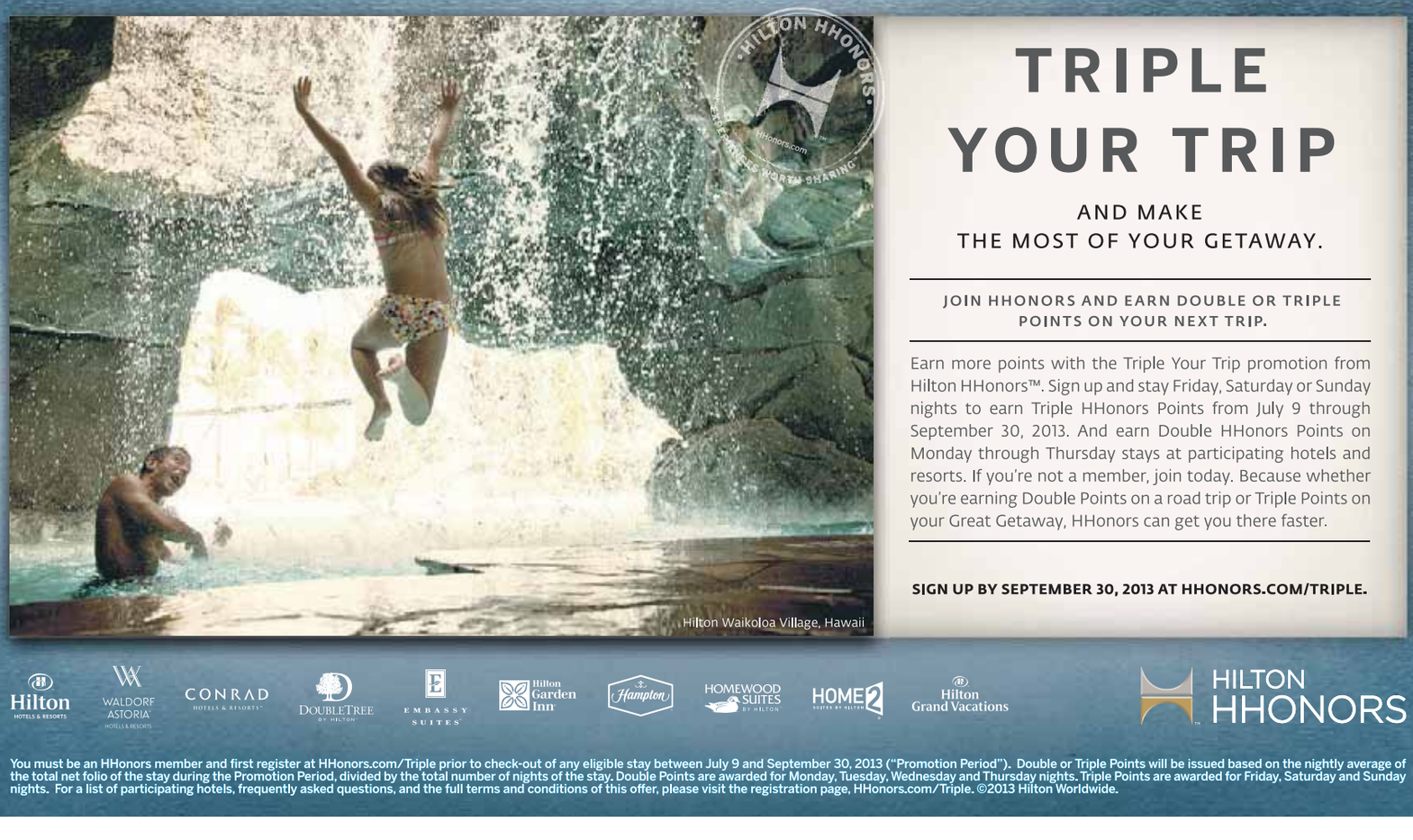
When to go:

- **The Reboot (7 days) in B.C.** May 4 through Oct. 26, 2013
- **The Renewal (14 days) in B.C.** May 4 through Oct. 26, 2013
- **Winter Health Renewal (snowshoeing) in B.C.** Dec. 28, 2013 to Jan. 4, 2014

At 5:15, it's dinner, and at 6 p.m. you're hitting the gym for a cardio class (from boxing to interval training) and, on alternate days, weight training. Then it's a hydrotherapy circuit (hot tub, sauna and steam), perhaps a massage, and then bed. At that point, you'll be too exhausted to check your email (in fact, there's limited Wi-Fi, so you're also taking a detox from technology).

There is no "diet" per se. The nutritional pillar of the program rests on healthy eating patterns to balance blood sugar and hormones to raise metabolism. The meals are, surprisingly, delicious (there's even steak). This is no vegan affair (unless, of course, you're vegan, in which case the meals will be catered to your needs). It's low calorie (1,200 for women, 1,400 for men), low fat, low salt, high fibre, high protein and high vegetable content, with no simple or processed carbs.

Part of the detox process often involves a descent into darkness. There's a term for it: Herxhiemer's. This typically happens on the third day, where the detoxification process can lead to headaches, nausea, rashes and emotional ups and downs. Fortunately, this passes. It doesn't hurt that you'll spend the week in a serene, scenic setting, with a high guide-to-participant ratio to provide a personal and supportive environment. "The best gym in the world is nature," said Kirkland. "That's our secret ingredient."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One-dish pasta makes it easy to keep it simple — and get out of the kitchen

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great one-dish meal that's perfect for a quick dinner. Have a large leafy salad to start. If you want a more savoury flavour, use spicy sausage.

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in serving bowl.

2. In large non-stick skillet, heat oil; sauté garlic, onions, green peppers and zucchini until tender, approximately 5 minutes.

3. Add sausage and beef; sauté just until cooked, approximately 10 minutes.

4. Add tomatoes, olives, basil and oregano; simmer for 15 minutes, until sauce thickens, stirring occasionally. Pour over pasta, and toss. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 12 oz radiatore or penne
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 3/4 cup chopped onions
- 3/4 cup chopped sweet green peppers
- 2 cups chopped zucchini
- 6 oz sweet sausages, skinned and chopped
- 6 oz ground beef
- 2 1/2 cups canned or fresh tomatoes, crushed
- 1/3 cup sliced black olives
- 2 tsp dried basil
- 1 tsp dried oregano

Radiatore with Sweet Sausage, Zucchini and Tomatoes

This recipe serves eight. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Drink of the Week

Lavender Sour

Beat the heat with this exquisite blend of flavours, including lime juice, lavender bitters and egg whites.

- 1.5 oz Belvedere vodka
- 0.6 oz fresh lime juice
- 3/4 oz simple syrup
- 0.3 oz egg whites
- 2 dashes of lavender bitters

Dry shake then add ice and shake again. Strain into chilled martini glass and garnish with an expressed lemon twist.

PHOTO AND RECIPE COURTESY OF BELVEDERE VODKA

CIBC RUN FOR THE CURE
METRO CUSTOM PUBLISHING

CREATING A FUTURE WITHOUT BREAST CANCER

YOU CAN RUN FOR A CURE ON OCT. 6

These are the facts: One in nine Canadian women will be diagnosed with breast cancer in her lifetime. And this year, 23,800 will be told they have the disease.

It's startling at first glance, but it shouldn't be when you consider that breast cancer is the most common cancer diagnosis in women in this country.

However, the Canadian Breast Cancer Foundation-Ontario Region is at the forefront of a nationwide movement to mobilize action on this disease. Since it was founded in 1986, CBCF-Ontario has raised more than $93 million and funded more than 600 projects. And it's having an impact; since the 1980s, there has been a nearly 40 per cent decrease in the breast cancer mortality rate.

The main way these important funds are raised is through the Canadian Breast Cancer Foundation CIBC Run for the Cure, which is taking place across Canada, including 30 communities in Ontario, on Oct. 6. It's the largest single-day event in support of the breast cancer cause.

"The funds raised are dedicated to research, health education and advocacy programs that will help lower the incidence and mortality rates of breast cancer," says Sandra Palmaro, the CEO of CBCF-Ontario.

Fundraising for the CIBC Run for the Cure has launched innovative and relevant research that is improving screening techniques to detect tumours early. As well, a one-time, one-hour form of radiation therapy has been discovered to replace five weeks of daily treatment.

"We're changing the landscape of what is known about breast cancer prevention, detection, diagnosis and treatment," Palmaro says. "The research we invest in addresses every aspect of the disease."

For more or to sign up, please visit runforthecure.com or call 866-373-6313.

– Jane Doucet

TONY HOFFMANN PHOTO

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Eat your veggies — and love it

Pasta is often mistaken as one of those foods that we need to cut back on due to recent fads promoting low-carb diets. However, despite misconceptions, pasta does provide the perfect foundation for a healthy meal.

This recipe is ready in 45 minutes. NEWS CANADA

Ingredients

- 1 box Barilla PLUS rotini
- 4 tbsp (50 ml) olive oil
- 1 medium yellow onion, cut into 1-inch dice
- 3 cloves garlic, chopped
- 2 anchovies, chopped
- 1 large each yellow and red peppers, seeded and cut into 1-inch dice
- 1 medium eggplant, peeled and cut into 1-inch dice
- 1 medium zucchini halved, sliced thin
- 1 medium yellow squash, halved and sliced thin
- 15 oz. can quartered artichoke hearts packed in water, drained
- 28 oz. can whole peeled tomatoes and juice
- Salt and pepper, to taste
- 1 tsp Italian seasoning
- 1/4 cup pine nuts, toasted
- 1 bunch fresh basil, julienned

Andrea Holwegner, a Canadian registered dietitian, offers some insight that may change the way you think about this popular food.

Pasta is a good source of energy, she says, because carbohydrates supply the body with its key energy source — glucose. Consuming carbohydrates can help improve performance in a high-intensity exercise, such as swimming or soccer for 90 minutes or longer.

Holwegner also points out that pasta can be a calorie-friendly food. A one-cup serving of cooked pasta is about 200 calories, is low in fat (about 1 gram, with no saturated or trans fats), cholesterol-free, and is low in sodium.

Embrace pasta with this delicious Ratatouille.

1. Bring pot of water to a boil.

2. Meanwhile in a large skillet sauté onion in olive oil for 5 minutes. Add the garlic and anchovies and sauté for 1 minute. Add the peppers and eggplant and sauté for 3-4 minutes. Once that is lightly browned, add the zucchini, squash and artichokes and sauté for 2 minutes.

3. Stir in the tomatoes and bring the sauce up to a simmer, season with salt, black pepper, and Italian seasoning. Cook for 10 minutes, or until tomatoes start breaking down.

4. Meanwhile, cook the pasta according to the package directions, drain and toss with the sauce. Top with toasted pine nuts and fresh basil.

NEWS CANADA/ BARILLA.CA

Dinner. Spaghettini with Garlic, Red Pepper and Extra Virgin Olive Oil

"For Italians, gathering with friends and family over a meal is just as important as the food, so the cuisine doesn't have to be fancy," says Lorenzo Boni, the executive chef for Barilla North America. "Often the best meals come from a spontaneous get-together, where the cook makes a large pot of spaghetti pasta and throws in whatever ingredients are in the pantry (referred to as a spaghetatta)."

1. Bring water to a boil and season with salt. Cook the pasta 1 minute less than required cooking time.

2. Meanwhile, sauté garlic and chili flakes in olive oil until slightly yellow in colour. Add 1 cup of cooking liquid and bring to a boil.

3. Drain pasta and toss with sauce and parsley. NEWS CANADA/ CHEF LORENZO BONI OF BARILLA

Ingredients

- 1 box Barilla PLUS spaghettini
- Salt, to taste
- 3 cloves garlic, chopped
- Chili flakes, to taste
- 4 tbsp extra virgin olive oil
- 1 tbsp (20 leaves) parsley, chopped

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From a foot in the door to a face at a desk

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An expert shares his top tips on how students and new grads can get through the application process and on to the interview

MEGHAN GREAVES
TalentEgg.ca

"How do I get my foot in the door?" is just the tip of the question iceberg when starting your job hunt.

To help answer this question, we spoke with head hunting expert David Perry, who the Wall Street Journal calls the Rogue Recruiter.

Begin with clarity

Starting your job search with clarity starts with determining the top 10 to 20 employers you want to work for. Doing this is much simpler than you may think.

How do you plan to get that shake of the hand? ISTOCK

David recommends that you "figure out what your top three skills are that you can bring to an employer" and go from there.

Then you can search for employers online who are looking for these exact skills and use this to create your wish list.

Put yourself online, professionally speaking

Luckily for many Gen Ys, this is virtually a natural instinct. Yet, creating a professional online presence is where we lack skills occasionally. This may be because we don't know how to or because we're nervous that what we have to offer won't be good enough for an employer.

According to David, we shouldn't feel this way at all. When getting online (in a professional manner), keep these three things in mind:

1. Don't let lack of experience stop you. If you don't have a ton of "real world" work experience, David says, "don't worry about the experience — focus on the skills you have."

2. Don't overlook the skills developed in school: project management, interpersonal, communication, organization, research, writing. These are all very applicable skills that employers love.

3. Even if your LinkedIn account isn't bursting with information, David encourages you to remember that this still puts you ahead of those who aren't online.

Let others sell you

Stand out to potential employers by including brief testimonials on your resumé or cover letter. Even though these quotes might be brief, David says, "One testimonial from another person is worth 10 claims made by you."

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Sweeping up the dirt on your desktop

A site to see. Keeping your online persona pristine is as important as ironing your shirt on interview day

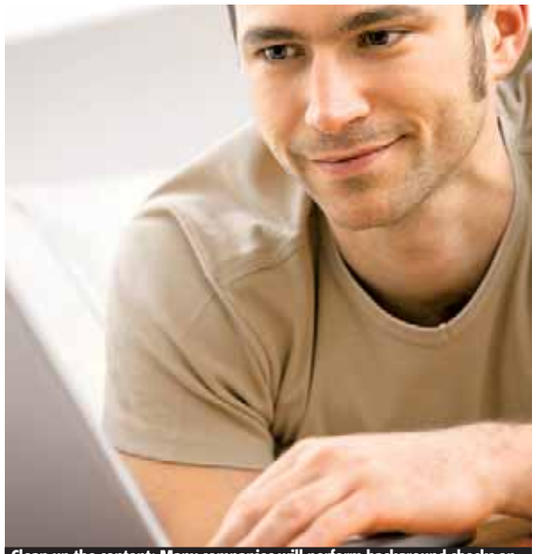
ROSIE HALES
TalentEgg.ca

Remember that post you liked on your friend's timeline last week? It could have been a totally innocuous link of 32 must-see cute animal pictures or it could have been a slightly compromising picture of you in the hours that proceeded happy hour. Either way, you've left a data trail that people will be able to see for years to come.

No, this isn't the work of an expert Facebook user. It's a reality that job seekers with an online presence must become familiar with if they wish to succeed in their job hunt.

According to a survey by McAfee it seems that people are worried about their online personas.

In fact, 46 per cent of 18-to-34-year-olds polled were concerned about how they look online.



Clean up the content: Many companies will perform background checks on potential employees to check if they will represent the brand in a professional manner. ISTOCK

Brenda Moretto, Canadian Consumer Manager at McAfee, said that a poor digital reputation could hurt a new graduate in their job hunt in a number of ways.

"Job markets are competitive and anyone looking for a job needs every advantage they can have," Moretto said, adding that this means that job seekers definitely don't want to have anything negative in their digi-trail.

If a potential employer saw something unsavoury on an applicant's Facebook page or other online profile, Moretto said this could lead to the applicant not getting the job.

"If I'm an employer then I'm looking for someone who is going to represent my brand," she said.

"If they had a negative digital footprint then it wouldn't be aligned," Moretto said.

16 per cent of people polled knew someone who had been fired because of a personal image or message posted online.

People are constantly on smartphones and aren't posting pictures of each other volunteering or studying as much as they are of their friends in a compromising position.

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E-mpressive!

Brenda Moretto suggested four tips that McAfee developed in the hopes of keeping online profiles of job-seeking generations appropriate for landing their dream job:

- **Polish it:** Treat your online presence as well as you would your resumé. You never know who might be looking you up.
- **Secure it:** Try to manage what others can see online. Don't forget that whatever your or your friends "like" on Facebook, for example, stays there for everyone else to see. Remember that even if your profile is as secure as secure can be and you've changed your name to make yourself unsearchable, you still have Facebook friends, Twitter followers or LinkedIn connections that can see everything you do. What will happen if your relationship with one of these people turns sour? Be aware of the fact that whatever you put online is available to people that might not always have your best interests at heart.
- **Hold it:** A good rule of thumb to use when deciding whether to put those happy hour pictures online is "is this something I would want my boss, colleagues or grandma to see?" If not, don't post it.
- **Protect it:** Don't share any passwords with your friends. Who knows what they will post. McAfee also discovered that 60 per cent of people store personal or intimate information on their cellphones, but only 40 per cent of people enable password protection on these devices. Punching in a password is a three second task that could save you a lot of money, worry and dignity.

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Graham DeLaet will compete in his first major this week and is the only Canadian who qualified for this year's British Open. MICHAEL COHEN/GETTY IMAGES

DeLaet at home on British Open links

Golf. Lone Canadian at Muirfield undeterred by Scottish climate

Having grown up in Saskatchewan, Graham DeLaet isn't bothered by a little wind on the golf course — and wind surely is among the weather treasures to be found this week at Muirfield.

The cold, slanting rain that tends to arrive at some point during a British Open? He's seen that at home, too.

"We get that, too. But we just go inside," the Weyburn man cracked.

Barely a week after finding out his world ranking had earned him a spot in a major championship for the first time in his promising career, the only Canadian playing in Gullane this week was greeted in a familiar Scottish way at practice.

"I hit a 5-iron farther than I hit a driver," he said, laughing at the wind that arrives, in varying directions, at each of Muirfield's 18 holes. "But I grew up in Saskatchewan, so it's a pretty average wind for me."

DeLaet arrives with a terrific set of statistics in his back pocket for his tee time Thursday. He's ranked 65th in the world and leads the PGA Tour in scoring average (69.99) and greens in regulation (72 per cent) and is second in total driving and par-five scoring average. He's knocking on the door of his first win; he hasn't been out of the top 30 in his past seven starts, including third at the Travelers Championship last month, and with more than $1.5 million earned is 28th in cheques cashed.

Ben Curtis nailed a major in his first appearance at the Open 10 years ago, so it can be done, longshot though it is. At least DeLaet comes in with some links golf experience, having played a British Amateur at Royal St. George's and a couple of Dunhill Cups as a pro, including last year.

"You need your imagination and (need to) hit the ball solid. Fairways are going to be key, obviously, staying out of that fescue," he said after playing the front nine at Muirfield. "It's fun. A different style of golf."

TORSTAR NEWS SERVICE

Mixed emotions on Muirfield

"I don't know if it's something I want to play every single day; it just eats you up."

Weyburn, Sask., native Graham DeLaet on the unpredictable conditions of the British Open.

NBA

Small forward Kleiza done in T.O.

The Raptors used the NBA's amnesty clause on small forward Linas Kleiza on Tuesday.

The Raptors have effectively cut Kleiza but will still have to pay his $4.6 million salary next season. The 28-year-old Lithuanian averaged 7.4 points and 2.6 rebounds in just 20 games last season.

The Raptors have also added backup point guard Dwight Buycks. The former French league pro made his summer-league debut Tuesday, scoring nine points with two assists and five turnovers in Toronto's win.

TORSTAR NEWS SERVICE

Banned substances

Toronto trainer caught up in Jamaican scandal investigation

Former 100-metre world-record holder Asafa Powell, Jamaican teammate Sherone Simpson and their Canadian physical trainer were formally placed under criminal investigation for allegedly violating Italy's doping laws, police said Tuesday.

The move came a day after Italian police confiscated unidentified substances in a raid on the hotel where the trio was staying in the northeastern town of Lignano Sabbiadoro after the athletes tested positive for banned stimulants.

The trainer is Christopher Xuereb of Toronto.

Police were still analyzing the substances seized to determine if they were legal or not.

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Mets ace reppin' his city in All-Star Game

National League starting pitcher Matt Harvey delivers a pitch to the American League's Jose Bautista during the 84th MLB All-Star Game on Tuesday in New York. Harvey, of the Mets, was the first pitcher from the host team to start a Midsummer Classic since Houston's Roger Clemens in 2004 and just the 11th overall. For more from the All-Star Game, go to metronews.ca. ELSA/GETTY IMAGES

More roster moves on the way: Nelsen

Toronto FC. Team still attempting to free up cap space to acquire a marquee player

Expect the revolving door at Toronto FC to keep turning. Manager Ryan Nelsen says he has not finished pruning the MLS team roster even in the wake of Darren O'Dea, Luis Silva and Danny Califf leaving the building.

The three had a combined hit of $726,650 US against the salary cap of $2.95 million, but actually cost Toronto more since allocation money was used to pay down the wages that counted against the cap.

"Obviously we're a lot more healthy but no, there are still a couple of situations that might have to happen because of salary cap and that," Nelsen said Tuesday from Los Angeles where Toronto plays at Chivas USA on Wednesday night.

Recent reports have stated TFC will soon acquire Diego Forlan.
CLAUDIO VILLA/GETTY IMAGES

"But it was always going to happen, we're having to break down the scars of the past, to put us in a position where we can move forward. We just cannot move forward under the old situation with the salary cap."

While the salary cap surgery is not finished, quality is expected to come in the door. It seems likely Toronto (2-9-7) will soon announce a marquee acquisition.

While TFC officials have not publicly commented on reports that Uruguayan World Cup star Diego Forlan is a target, Maple Leaf Sports & Entertainment CEO Tim Leiweke has talked of a "significant signing."

The club is also taking another shot at landing young Argentine striker Maximiliano Urutti, among other signings.

THE CANADIAN PRESS

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Cost of borrowing is $1,077.28 // $1,829.20 // $3,519.44 for a total finance obligation of $16,016.28 // $27,199.20 // $27,334.44. $0 // $0 // $0 down payment required based on approved credit from Honda Financial Services Inc. ‡Limited time 0.99% APR lease offers on a new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) for a maximum of 24 // 24 // 24 // 36 months available through Honda Financial Services Inc., on approved credit. Representative lease example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 24 month term at 0.99% lease APR, the monthly payment is $471.21 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100), and OMVIC fee ($5)] with $0 down payment or equivalent trade-in, $0 security deposit and first monthly payment due at lease inception. Total lease obligation is $11,309.04. 48,000-kilometre allowance; charge of $0.12/km for excess kilometres. ^Receive 0.99% purchase financing on any new 2013 Honda Fit DX (Model GE8G2DEX) // 2013 Honda Civic DX Sedan (Model FB2E2DEX) // 2013 Honda Accord LX Sedan 6MT (Model CR2E3DE) // 2013 Honda CR-V LX 2WD (Model RM3H3DES) models for a maximum of 24 // 48 // 24 // 48 months available through Honda Financial Services Inc., on approved credit. Representative finance example: based on a 2013 Honda CR-V LX 2WD (Model RM3H3DES) on a 48 month term at 0.99% APR and complete price of $27,765 [includes $1,640 freight and PDI, EHF tires ($29), EHF filters ($1), A/C levy ($100) and OMVIC fee ($5). Excludes taxes, license, insurance, and registration], the monthly payment is $590.20. Cost of borrowing is $564.60 for a total finance obligation of $28,329.60. Down payment or equivalent trade-in on purchase financing offers may be required based on approved credit from Honda Financial Services Inc. *Bi-weekly lease available on all 2013 Honda models on 48 and 60-month terms only. ◆$4,000 // $4,000 // $3,000 // $2,500 // $2,000 // $1,500 // $1,000 // $500 customer cash incentive is valid on any new 2013 Honda Pilot // 2013 Honda Odyssey // 2013 Honda Ridgeline // 2013 Honda CR-V (except LX 2WD, model RM3H3DES) // 2013 Honda Crosstour // 2013 Honda Accord Coupe and Sedan (except LX Sedan 6MT, model CR2E3DE) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Honda Fit (except DX, model GE8G2DEX) models when registered and delivered between July 3rd and July 31st, 2013. Cash incentive is available for all Honda retail customers except customers who lease or finance through Honda Financial Services Inc. at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Cash incentive will be deducted from the negotiated price before taxes. For all offers: license, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012.

2014 Mercedes-Benz CLA

Compare

1 Acura TSX
Base price: $36,000

2 Cadillac ATS
Base price: $36,850

ALL PHOTOS WHEELBASEMEDIA.COM

Review. A new Mercedes for $35,000?! Here it is ...

MALCOLM GUNN
wheelbasemedia.com

It might be hard to believe, but it appears as though Mercedes-Benz has caught the rest of the automotive world napping.

This fall, the automaker will introduce a front-wheel-drive sedan to North America that almost anyone pining for a loaded-up Honda Accord, Ford Fusion or Toyota Camry can afford. But wait, as TV infomercial hawkers are fond of saying, "there's more". The 2014 CLA's sporty body cladding and other trim makes it appear far from stripped-down basic-transportation, although with a sticker price that's a few ticks below 35 grand, it's priced like one.

Other than being pulled by the front wheels (with all-wheel-drive optional), what's most unusual about the CLA is that it doesn't offer the kind of roomy practicality that's a given when it comes to nearly every mid-size sedan. That's because Mercedes stylists drew their inspiration from the larger CLS-class faux coupe, a low-slung, wind-cheating luxury ride that remains one of the most imitated models on the planet (see Aston Martin Rapide, Volkswagen CC, Audi A7 and Ford Fusion). Things get much simpler when it comes to powertrain offerings.

The first-to-arrive CLA250 that heads here this September from its home base in Hungary comes with a turbocharged 2.0-litre four-cylinder engine that produces 208 horsepower and 258 pound-feet of torque at an engine speed that's just above idle. This helps propel the car to 100 km/h from rest in a quick 6.7 seconds, as recorded by Mercedes-Benz.

When the launch party has concluded, M-B will ship the CLA45 AMG to North America. This performance model also features a 2.0-litre turbo-four, only the block has been strengthened and a higher-output turbocharger produces nearly twice the boost of the CLA250's. The result is 355 horsepower and 322 pound-feet of torque. The AMG is expected to shorten the CLA's zero-100 km/h times by about two seconds.

Both models use a seven-speed dual-clutch automated manual transmission with paddle shifters, but the AMG adds 4MATIC all-wheel-drive that sends up to 50 per cent of the torque to the rear wheels, as needed. 4MATIC will be included on the CLA250's options list later in the model year.

Already that list is a long one, even though base CLA250 models will arrive with plenty of content, including a sport suspension, Attention Assist that warns the driver should they nod off at the wheel. Collision Prevention Assist warns when a forward collision appears probable and will apply the brakes if the driver doesn't.

Of the various equipment groupings available, the Premium Package is expected to be one of the most popular since it adds dual-zone climate control, heated front seats, auto dimming mirrors, a garage door opener and a premium Harmon-Kardon surround-sound system. Much of this equipment and then some will be added to the CLA45 AMG, but will also be reflected in the car's list price that's expected to nudge the $60,000 mark.

For those with thinner wallets, the $35k Mercedes-Benz CLA250 should do just fine. Its show-stealing shape is practical enough for singles or small families. It might even turn competing sedan marketers into copycats.

Interior & Technology

Both driver and front-seat passenger are treated to greater comfort, but the one discordant note is an infotainment/nav screen that protrudes above the fresh-air vents as if it were an afterthought. You also get plenty of tiny push-button controls to play with that will require practice to master.

Fuel economy

To assist in the fuel-economy department, the CLA250 uses technology that shuts off the engine when the car comes to a stop, such as at a red light. Once the brake pedal is released, the CLA starts right back up.

Design

The CLA's aero design looks are pencil-sharp, but you should think twice if transporting four or more adults is on your agenda. Even though the CLA is physically larger than the previously base C-class sedan, function follows form and the form in this case is a lowered roofline that restricts rear headroom.

Mileage matters most: The return of the 1.oh!

Autoknow. Three cylinder engines, smaller than what you find in your average motorcycle — it's the little engine that could

TODD BURLAGE
wheelbasemedia.com

Who could ever have seen this dramatic transformation coming in the world of automotive engineering: it's actually a very small package grabbing all the big headlines.

The longtime battle for finding more speed and greater power from six-cylinder and V8 engines has evolved into an auto-builder battle for the best fuel efficiency through shrinking engine size.

With gasoline already about $8 a gallon in Europe, the equivalent of almost $5 in Canada and near $4 in the United States, automakers are betting that smaller is better when it comes to enticing buyers. Ford is carrying the less-is-more torch and will introduce a turbocharged 1.0-litre "EcoBoost" three-cylinder engine to North America with its 2014 Fiesta subcompact this fall. It's the first three-cylinder automobile engine introduced in the United States in more than a decade.

Through the magic of turbo-charging, Ford expects this little power plant — small and light enough for the engine block to be carried in a suitcase — to deliver 123 horsepower and 148 pound-feet of torque while pulling down almost 50 miles per U.S. gallon on the highway (about 4.7 l/100 km).

"This is going to allow you to take saving gas to a whole new level," said Chris Woodyard, automotive editor and analyst for USA Today.

Ford's little three-cylinder EcoBoost engine is considered such an engineering marvel that it was recently named the International Engine of the Year for the second year in a row. That's solid evidence that turbocharged three-cylinder engines are poised to send non-turbo four-cylinder engines to the back of the bus. The three-cylinder is already wildly popular in Europe and expected to have a strong impact in the North American market when the Fiesta is launched in the fall.

Ford of Europe recently announced plans to triple annual production of its vehicles with EcoBoost (Ford's trade name for turbocharging) engines to about 480,000 by 2015 — up from 141,000 in 2011 — with about 300,000 of those vehicles carrying the 1.0-litre engine.

Not to be left behind, General Motors is making a U.S. $215 million investment into an engine plant in Flint, Mich., to produce three and four-cylinder engines displacing as little as 1.0 litre. GM's smallest production engine to this point is the 1.2-litre four-cylinder for the Chevrolet Spark subcompact.

BMW is also bringing a three-cylinder engine to North America in its i8 hybrid sports car, and Daimler has swapped some secrets with Ford, gathering engineering data from the EcoBoost engine for a possible collaboration with Renault-Nissan for a three-cylinder vehicle.

Audi, Mini, Volkswagen and Peugeot top the list of other manufacturers considering an investment into this new generation of "triples", as the engines are often called.

Each of these auto builders is expected to spend millions on the promise that the three-cylinder engine will stand up to hybrids and all-electric vehicles in efficiency, while offering the convenience of gasoline power with a significantly lower price. The 2014 Fiesta starts at about $14,500 plus shipping, which could turn Ford's three-cylinder gamble into a game-changer in the ultra-competitive small-car segment.

"You may save money on gas (with a hybrid or EV), but if you charge a whole bunch more for the car or the engine, then you're not saving a lot," said Woodyard, pointing out that hybrid and EV sales continue to fall short of expectations. "The goal for manufacturers is to find out how inexpensive you can make driving. And anytime you can do it with the regular gas engine, you are better off."

Mike Omotoso, senior manager of global powertrain forecasting for analysts LMC Automotive, predicts the production of 1.0-litre engines will rise 44 per cent worldwide to about 30 million by 2017, compared to only a two per cent growth rate in 4.0-litre or larger engines to about 4.2 million. Ford is even ceasing production of its non-turbo 1.6-litre four-cylinder engine that has been a staple of engine design for decades.

"There has been a cultural shift," Omotoso said. "Automakers have gone from bragging about big V8s to (celebrating) better gas mileage on the highway."

Based on the investment and interest from manufacturers, the three-cylinder engine continues to gain plenty of momentum in the automotive industry, but not before some painstaking engineering helped to find the proper balance in an unusually configured three-cylinder compared to the traditional four-cylinder engines.

Three-cylinder engines are inherently unbalanced, and the natural shaking and vibrations are more pronounced in an engine with fewer cylinders. Ford's design added weight to the flywheel and the pulley at the front and back of the engine to help smooth out performance.

"With technology as mature as the internal combustion engine, it's very rare to achieve a true breakthrough," said Joe Bakaj, Ford's vice-president of global powertrain. "But that is exactly what the team accomplished with this engine. You have to drive it to believe a small three-cylinder engine can deliver such performance and fuel economy."

Worldwide, these three-cylinder engines are still best known for their use in motorcycle models from Honda, Kawasaki, and Suzuki, among others. And there is also a history — though not much of one — from the 1980s of some archaic and uninspiring triples powering tiny cars made by Subaru and Daihatsu.

So how small can you go? And does the resurrection of the three-cylinder pave the way someday for the introduction of the two-cylinder engine? "That's the big question," Woodyard said. "The answer will come from exactly what (customers) will accept."

About the Ford 1.0 Ecoboost

1) For Pete's sake, why a three-cylinder engine? The package is smaller and lighter than your average four-cylinder. Weight is bad, so saving it is good.

2) What's the point? With just 1.0 litre of displacement, it gets better fuel economy because it ingests less air/fuel per revolution.

3) Can it get out of its own way? It has a power adder — a turbocharger — that means the 1.0 makes 123 peak horsepower, and more importantly, 148 pound-feet of torque. That's much more (and at a lower rev point) than the base Fiesta four-cylinder that's 50 per cent bigger.

4) Is there a trick to driving it? If you're ginger with the throttle, you could get about 4.7 l/100 km on the highway. If you don't, you'll pay for your lead foot.

5) What's it in? It will be optional in the Fiesta.

6) Is this a trend? Other automakers are getting into it, yes, but three-cylinder engines are tougher to tame when it comes to vibration and harshness.

7) Will there be smaller engines than this? Tough to say right now, but if the 1.0 sells well, there might be opportunity for a stout 0.7-litre turbo-diesel.

The Ecoboost: A small engine can now go in big and small vehicles. Aside from a packaging advantage, a light engine helps cut overall vehicle weight. ALL IMAGES WHEELBASE

Quoted

"This is going to allow you to take saving gas to a whole new level."

Chris Woodyard, automotive editor and analyst for USA Today

Appeal

"Automakers have gone from bragging about big V8s to (celebrating) better gas mileage on the highway."

Mike Omotoso, senior manager of global powertrain forecasting for analysts LMC Automotive

Advances in engineering means a strong engine in a small package.

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RamTruck.ca/Offers

Wise customers read the fine print: €, •, *, », ♦, § The Trade In Trade Up Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating retailers on or after July 11, 2013. Offers subject to change and may be extended without notice. All pricing includes freight ($1,595 – $1,695), air tax (if applicable), tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailer may sell for less. €$10,750 in Cash Discounts are available on new 2013 Ram 1500 models (excluding Reg Cab) and consist of $9,250 in Consumer Cash Discounts and $1,500 in Ram Truck Loyalty/Conquest Bonus Cash. See your retailer for complete details. •$24,995 Purchase Price applies to the new 2013 Ram 1500 Quad Cab SXT 4x4 (23A+AGR) only and includes $9,250 Consumer Cash Discount and $1,500 Loyalty/Conquest Bonus Cash. *Consumer Cash Discounts are offered on select 2013 vehicles and are deducted from the negotiated price before taxes. »$1,500 Ram Truck Loyalty/Conquest Bonus Cash is available to qualified customers on the retail purchase/lease of any 2012/2013 Ram 2500/3500 models (excluding Cab & Chassis models) and 2013 Ram 1500 (excludes Reg Cab models) and is deducted from the negotiated price after taxes. Eligible customers include current owners/lessees of a Dodge or Ram pickup truck or any other manufacturer's pickup truck. The vehicle must have been owned/leased by the eligible customer and registered in their name on or before July 1, 2013. Proof of ownership/lease agreement will be required. Additional eligible customers include licensed tradesmen and those working towards Skilled Trade certification. Some conditions apply. See your retailer for complete details. ♦4.99% lease financing of up to 60 months available on approved credit through WS Leasing Ltd. (a wholly owned subsidiary of Westminster Savings Credit Union) to qualified customers on applicable new 2012, 2013 and 2014 models at participating retailers in Ontario, New Brunswick, Newfoundland and Labrador, Nova Scotia and Prince Edward Island. Retailer order/trade may be necessary. Retailer may lease for less. See your retailer for complete details. Example: 2013 Ram 1500 Quad Cab SLT (25G+XFH) with a Purchase Price of $26,374 leased at 4.99% over 60 months with $4,559 down payment, equals 130 bi-weekly payments of $119 with a cost of borrowing of $4,715.50 and a total obligation of $17,495.40. 22,000 kilometre/year allowance. Charge of $0.18 per excess kilometre. Some conditions apply. §2013 Ram 1500 Crew Cab SLT with optional equipment shown. Price including applicable Consumer Cash Discount: $44,785. ≠Based on *Automotive News* classification and 2013 Ram 1500 3.6 L V6 4x2 and 8-speed transmission. 11.4 L/100 km (25 MPG) City and 7.8 L/100 km (36 MPG) Highway. Based on 2013 EnerGuide fuel consumption guide ratings published by Natural Resources Canada. Government of Canada test methods used. Your actual fuel consumption will vary based on powertrain, driving habits and other factors. Ask your retailer for complete EnerGuide information. ΩBased on 2012 *Automotive News* full-size pickup segmentation and competitive information. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.

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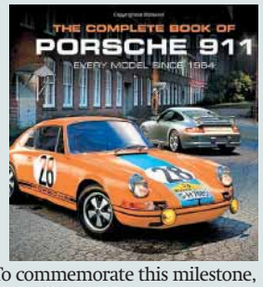

Rabid Porsche fanatics already know this, but 2014 marks the 50th anniversary of the automaker's iconic 911 sports car. To commemorate this milestone, author Randy Leffingwell has composed The Complete Book of Porsche 911: Every Model since 1964. His 288-page tome examines in chronological and pictorial detail the history of the marque, including a review of prototypes and competition versions. Also included is a statistical documentation of the 911's evolution through the past five decades plus production numbers for each year. Leffingwell's The Complete Book of Porsche 911 is originally listed for $45 but motorbooks.com and amazon.com will sell you a copy in the low $30 range.

Hold the phone

Hands-free is the only way to drive, and one of the only ways to use your Apple iPhone or Samsung Galaxy in your vehicle is to mount it to a RAM Universal X-Grip holder. The rustproof device features a suction cup that secures it to glass or non-porous plastic surface, or a RAM adhesive disk. The spring-loaded four-leg X-Grip expands and contracts so it can hold a variety of cellphones securely in place with or without their protective cases attached, while the patented pivoting rubber-ball-and-socket system lets you adjust and articulate the phone to virtually any position. The RAM X-Grip is priced at $53, but the company also sells a variety of tablet holders starting at $57.50. Visit rammount.com.

When simplicity is key

If you believe that simple is better, the Minimalist II combination key holder and bottle opener might be for you. Since 1950, California-based J.L. Lawson and Co. has specialized in designing and machining low-volume products that are made from hot rolled steel. The company's "key shackle" is designed to contain just a few keys (that's why it's called Minimalist, of course), but it also comes with a ring for car fobs and keys with built-in remotes. Each key holder is coated with metal oil and wax that helps slow corrosion. Choose from the blackened patina or stainless-steel versions with prices ranging from $42 to $58. View the company's product line at jllawsonco.com.

Film star

You need more than just washing and waxing to protect your vehicle's finish. That's the point of 3M's Paint Defender System. Once the painted surfaces (hoods, bumpers, rocker panels, etc.) have been masked off, cleaned and waxed, the liquid product is then applied using a special spray trigger. Once dry, Paint Defender turns to a clear film that protects against rocks, bugs, dings and scratches for up to one year. To remove, the coating peels off as if you're removing plastic wrap, without harming the vehicle. Paint Defender sells for $25, but the separate sprayer is $8 while the optional prep package containing plastic sheeting and masking tape is another $12. For more info and complete dealer list go to 3MAuto.com.

The future is now: Let your car do the work

Driving force. The self-driving vehicle is no longer science fiction as Mercedes prepare to launch their Intelligent Drive system

JIL MCINTOSH
drive@metronews.ca

Cars that can drive themselves have long been part of science-fiction stories, and a few experimental models have actually made their driverless way across test tracks and through city streets. But later this year, you'll actually be able to buy one.

It won't take you all the way to work or the cottage by itself, but the all-new 2014 Mercedes-Benz S-Class can stop, accelerate, and steer itself for short periods when its optional Intelligent Drive system is activated.

"More than 20 different sensors are built into the car, and we combine these into a complex system that can manage complex situations," says Dr. Thomas Weber, member of the board of management for Mercedes-Benz Cars Development. "We fuse all of the sensors and connect them with intelligent software."

The self-driving feature builds on systems already available from Mercedes-Benz and several other automakers, including cruise control that can keep a preset distance from a vehicle in front; collision mitigation that stops the car if the driver doesn't brake when a crash is probable; lane-keeping that knows if the car veers over the line and applies selective braking to help bring it back; cameras to determine if other vehicles are alongside; and electric power steering, which uses a software-controlled motor rather than a hydraulic pump.

The S-Class uses a radar system in the grille and a stereoscopic windshield-mounted camera, working together, to monitor the vehicle ahead of it. When activated, the autonomous steering uses the lane markings and the movement of the vehicle ahead to guide the car's movement. It can follow bends in the road, but can't turn a corner.

After 10 seconds, the self-steering system warns the driver to take control. If he doesn't, it shuts itself off. The system is capable of driving longer but isn't programmed for it, since current global traffic regulations won't permit it. "We are in discussions with regulators, based on these technologies, to move step by step in the direction where more autonomous features are allowed," Weber says.

The auto-driving feature is meant for traffic jams, where drivers can focus their attention elsewhere. Once the road clears, they can enjoy driving the car themselves. But at some time in the future, you might be able to set your destination and sleep through the trip while your car takes you where you want to go. "That's not possible as of today," Weber says, "(but) with the S-Class, we have the first important step."

Facts

- **Signals.** The S-Class's radar and stereo camera provide independent signals as a safeguard, so the car can compare their data.
- **Self parking.** The S-Class can park itself, identify pedestrians and animals at night with infrared cameras and warn if it detects that you're too tired to drive.
- **Self driving.** The self-driving system will eventually be available in other Mercedes-Benz models as well.

We have the technology...

"More than 20 different sensors are built into the car, and we combine these into a complex system that can manage complex situations."

Dr. Thomas Weber, member of the board of management for Mercedes-Benz Cars Development

The 2014 Mercedes S-Class can stop, accelerate and steer itself for short periods. PROVIDED

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For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. *Offer applies to the purchase of 2013 Chevrolet (Cruze LS G-BBP8/Cruze LS+ 1SB/Equinox LS FWD G-BBQG). ‡0% purchase financing offered by GMCL for 84 months on 2013 Chevrolet (Cruze LS G-BBP8/Equinox LS FWD G-BBQG). O.A.C by RBC Royal Bank/TD Auto Finance Services/Scotiabank. Rates from other lenders will vary. Example: $10,000 at 0%/2.13% APR, monthly payment is $119.05/$128.25 months. Cost of borrowing is $0/$773, total obligation is $10,000/$10,773. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Monthly/Bi-weekly payments based on a purchase price of $13,995/$27,995 with $0 down payment. ♦$7,500 is a manufacturer to dealer delivery credit (tax exclusive) for 2013 Chevrolet Silverado 1500 Ext. & Crew Cab and is reflected in offers in this advertisement. Other cash credits available on most models. See dealer for details. ♦♦$2,500/$2,250/$2,500/$2,000 is a manufacturer to dealer delivery credit (tax exclusive) for 2013 Chevrolet Silverado 1500 Crew Cab/2013 Chevrolet Cruze LS 1SA/2013 Chevrolet Cruze (non LS 1SA)/2013 Chevrolet Equinox LS and is reflected in offers in this advertisement. Such credit is available only for cash purchase and by selecting lease or finance offers, consumers are foregoing such credit which will result in higher effective interest rates. Other cash credits available on most models. See dealer for details. */‡/♦/♦♦/***Freight & PDI ($1,550/$1,550/$1,550), registration, air and tire levies and OMVIC fees included. Insurance, licence, PPSA, dealer fees and applicable taxes not included. Offers apply as indicated to 2013 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. +Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ®Bluetooth is a registered trademark of Bluetooth SIG Inc. ©For more information go to iihs.org/ratings. ♣Comparison based on 2012 Wards segmentation: Middle/Cross Utility Vehicle and latest competitive data available and based on the maximum legroom available. Excludes other GM brands. ††2013 Cruze LTZ with PDA & GBE, MSRP with freight, PDI & levies $29,494. 2013 Equinox LTZ FWD with RT6, MSRP with freight, PDI & levies $38,949. Dealers are free to set individual prices. ¥Offer only valid from July 3, 2013 to September 30, 2013 (the "Program Period") to retail customers resident in Canada who own or are currently leasing (during the Program Period) a Chevrolet Aveo, Cobalt, Cavalier, Optra, Saturn Ion, Astra, S-Series will receive a $1,000 credit towards the purchase, lease or factory order of an eligible new 2013 Chevrolet Sonic or Cruze. Retail customers resident in Canada who own or are currently leasing (during the Program Period) a Chevrolet Equinox, Tracker or Saturn Vue will receive a $1,000 credit towards the purchase, lease or factory order of an eligible new 2013 Chevrolet Equinox. Only one (1) credit may be applied per eligible vehicle sale. Offer is transferable to a family member living in the same household (proof of address required). This offer may not be redeemed for cash and may not be combined with certain other consumer incentives available on GM vehicles. The $1,000 credit includes HST/GST/QST/PST as applicable by province. As part of the transaction, dealer will request current vehicle registration and/or insurance to prove ownership. GMCL reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Void where prohibited by law. Additional conditions and limitations apply. See your GM dealer for details.

Versa loved for space and reliability

Second gear.
2007-2013 Nissan Versa Hatchback

JUSTIN PRITCHARD
drive@metronews.ca

HANDOUT

Fuel-efficiency, comfort and a bigger-than-it-looks cabin helped set the Nissan Versa hatchback apart in the marketplace — and formed the foundation for a successful and flexible hatchback model from the Japanese automaker. Five doors, four cylinders and a generous 2,682 litres of interior volume helped cement the model's reputation for top-line spaciousness and fuel economy in a compact and easy-to-drive package.

Feature content included a premium audio system, Bluetooth, an intelligent key system, and an exciting sport package. Key competitors included the Toyota Yaris and Honda Fit.

Common issues

Once the model you're test-driving is warmed up, kill the stereo and climate control fan and stop the vehicle, leaving the automatic or CVT transmission in "Drive". You're listening for a rattling noise which could be the result of a loose or improperly-installed motor mount. Though rare, there have been reports of "piston slap" during cold starts, as well as potential oil burning, as a precursor to engine failure. This issue only seems to have affected a handful of units — but be sure the Versa Hatch you're considering sounds healthy at idle with the hood popped, that it performs smoothly and doesn't make any unwelcomed noises. A mechanic can help.

The Continually Variable Transmission seems to be fairly worry-free, though some owners have reported issues and replacement under warranty. Possible trouble signs include a rattling noise, difficulty shifting between reverse and drive and sporadic behaviour in terms of revving and shifting. Shoppers concerned with the CVT can have a Nissan mechanic test-drive the vehicle they're considering, or simply opt for a unit with the manual transmission.

What owners like

Versa Hatchback earned praise for generous headroom and cargo capacity, easy entry and exit, decent performance and plenty of space and flexibility for easy adaptability to a variety of tasks, trips and lifestyles.

What owners dislike

Many owners wish their Versa Hatchback was sportier. Though performance was said to be decent, it wasn't exciting — and a numb steering feel and soft-set suspension didn't do the handling any favours, either.

Engine

All models were powered by a 1.8 litre four-cylinder engine with 122 horsepower. Transmission choices included a six-speed manual, a four-speed automatic or an Xtronic CVT transmission, depending on the model selected.

The verdict

Nissan's shot at the Toyota Yaris and Honda Fit boasted surprising spaciousness and comfort — and it looks fairly reliable, too. A well-maintained model with five-speed manual transmission is ideal for long-term confidence

Putting the Ow! in Audi: Car tops sleazy poll

Illicit Encounters.
Cheating UK website lists the German brand as the favourite vehicle of its unfaithful customers

A new poll by the popular U.K. website Illicit Encounters, which caters to married people who cheat on their spouse, reveals that a massive 22.21 per cent of their users drive Audis.

In a followup to last year's poll, BMW drivers have slipped into second place, Carbuzz reports.

And while this is hardly the most empirical evidence in existence, it does suggest a certain psychological bent, Illicit Encounters spokesman Mike Taylor said on the company's blog.

"Cars can reveal a lot about their owners," Taylor said. "All the cars in the top five represent our members; they are typically successful, motivated, high achievers who are less likely to settle for something they find unsatisfying, be it a car or a relationship. Car manufacturers know this and Mercedes even famously used infidelity to advertise their cars with the banned 'Not In This Weather' advert."

It seems German manufacturers are the most favoured by Illicit Encounters members with Mercedes Benz coming in third in the study of the dating site's 800,000 members, while the exception, Volvo (Swedish), came forth and Volkswagen finished the top 5.

The car brands with the fewest number of adulterers were French (Peugeot and Renault).

The website's poll also found that 72 per cent of Illicit Encounters members were likely to change cars within three years to refresh to a newer brand or model. Make of that what you will. WHEELS.CA

Quick and flashy?

"Cars can reveal a lot about their owners."
Mike Taylor, Illicit Encounters spokesman

Naughty wheels: The number one car brand used by cheaters is the Audi, based on a survey. ISTOCK

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Ramil Madarang
General Sales Manager

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$95†@0% APR

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Includes freight and fees. HST extra.

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2013 CAMRY LE

2013 CAMRY AVAILABLE IN HYBRID.

Camry SE model shown.
All-in price $28,739**

ALL-IN PRICE | $25,454*
Includes freight and fees. HST extra.

ALL-IN FINANCE

$149†@1.9% APR
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Includes freight and fees. HST extra.

2013 VENZA FWD

ALSO AVAILABLE IN AWD.

Venza V6 AWD
Touring Package model shown.
All-in price $40,124**

ALL-IN PRICE | $30,514* Includes freight and fees. HST extra.

ALL-IN FINANCE

$173†@1.9% APR bi-weekly for 84 months with $0 down payment when you apply the Customer Incentive.◊ Includes freight and fees. HST extra.

$1,000◊ | CUSTOMER INCENTIVE

2013 SIENNA

7-PASSENGER V6

Sienna SE model shown.
All-in price $39,029**

ALL-IN PRICE | $30,964* Includes freight and fees. HST extra.

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$182†@1.9% APR bi-weekly for 84 months with $0 down payment. Includes freight and fees. HST extra.

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Top sedans give the trunk the boot

Autopilot. Making the back of the car discreet, stylish and aerodynamic appears to be the trend in the high-end market

AUTO PILOT
Mike Goetz
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Darwin's Theory of Evolution not only applies to flora and fauna, but also to automotive design. When an automotive design mutation shows up that aids the survival of a particular model, the mutation is selected to be passed on to the next generation of vehicles.

One such successful mutation we're suddenly seeing passed on to more and more vehicles is the four-door sedan with a "no-trunk look."

Sedans have historically had what designers call a three-box layout; one box for the engine, another box for the occupants, and another box for the trunk. Now we're seeing four-door sedans in a one-box or two-box layout. Trunks are being incorporated into the main box. They no longer have a box of their own. I don't know if that make trunks sad, but we should probably take it easy on them for a while, just to be nice.

Three factors are pushing trunk design in this direction.

Aerodynamics
The higher and shorter you can make the trunk lid, the better it is for aerodynamics, and aerodynamics nets you lots of good stuff, like fuel efficiency and high-speed stability.

Capacity and space efficiency
The long and low trunk stuck on like an appendage, is not as space efficient as a taller, shorter, and squarer trunk that has also expropriated some of the occupant box.

Aesthetics
Four-door sedans with small trunks, like the new Mercedes-Benz CLA, or four-door sedans with a hatch-like lift-up tailgate, like the Audi A7, just look sleeker.

And with this development we have to evolve the terminology as well. Automakers seem disinclined to even call them "sedans," sensing that the term might have too much old-world baggage (in their trunks and elsewhere). Mercedes-Benz refers to the CLS-Class a four-door coupe, and the full name of the A7 is the Audi A7 Sportback.

Commenting on this development in his blog, Luca Ciferri, the European correspondent for the trade publication, Automotive News, mused that, "as these new interpretations of the classic sedan move from being one-offs to full-fledged model lines it is easy to see that we are entering the post-sedan era."

I think it will be an exciting era. Maybe not as exciting as the post-apocalyptic era, you know, the one with all those zombies, but things should be happening.

The Audi A7 coupe's trunk merges into the rest of the vehicle and increase the car's aerodynamic capabilities.

The new Mercedes CLA250 has a very discreet trunk. BOTH PHOTOS HANDOUT

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Lease for 48 months
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stock# FU135125

2.5L iVCT Engine, 6-Speed Automatic Transmission, Electric Power-Assist Steering (EPAS), Halogen Projector Headlamps, Perimeter Lighting, Solar Tinted Glass, Automatic Headlamps, AdvanceTrac® with ESC & Brake Traction Control, Airbags— Side Airbags— Side Air Curtains— Driver and Passenger Knee Airbags, Anti-lock Braking System, Emergency Brake Assist, Perimeter Alarm, Remote Keyless-Entry, Tire Pressure Monitoring System, 10-Way Power Driver Seat with Power Lumbar, AM/FM Stereo/MP3/Single-CD, 6 Speakers, Audio Input Jack, SYNC® with MyFord® – Voice-Activated Communications, Hill Start Assist, Tilt and Telescoping Steering Wheel, 17" Painted Alloy Wheels, SiriusXM® Satellite Radio

BRAND NEW 2013 FOCUS SEDAN SE

Sale Price **$20,535** + HST

— or —

Lease for 48 months
$250 + HST/ month with $588 Down 0% APR

stock# F130671

2.0L Ti-VCT I-4 Engine Flex-Fuel Engine, 6-speed PowerShift Automatic Transmission, EPAS – Electric Power-Assisted Steering, Active Grille Shutters, Air Filtration System, 6 Speaker Audio, Headlamps – Automatic Quad-Beam Halogen, Compass and Outside Temperature Display, Trip Computer, Steering Wheel – Redundant Audio Controls, SYNC, P215/55R16 H-rated tires, Seats – 2nd Row – 60/40 Split, Air Conditioning, Power windows, Winter Package – heated seats and power/heated mirrors

All sale prices are plus HST only and licensing. All images are for display purposes only. Lease payments are plus HST only. Freight is included. 1st payment, licensing, PPSA and taxes are due on delivery. Focus 48 month lease based on 0 %, 16000 km per year, excess km charge of 12 cents per km. Fusion 48 month lease based on 2.49 %, 16000 km per year, excess km charge of 12 cents per km.

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$40,999

2011 MKX AWD
Limited Edition, 20"wheels, navigation, heated/cooled leather
$29,999

2011 Expedition Limited
4X4, leather, moon roof, navigation, one owner trade
$34,999

2010 Navigator
4X4, navigation, DVD, fully loaded one owner trade
$35,999

2010 BMW 128i Convertible
Limited Edition, 20"wheels, navigation, heated/cooled leather
$29,999

2010 Mustang Convertible
Automatic, pony package, leather, one owner trade with 25,000km
$21,999

2010 Fusion Hybrid
Automatic, clean low km trade with great fuel economy, 32,000km
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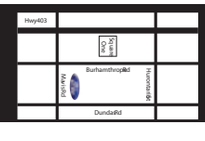

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2013 FOCUS S

5.5L/100km 51MPG HWY··
7.8L/100km 36MPG CITY···

Employee Price Adjustment	$620
Delivery Allowance	$250
Total Price Adjustments	$870

SHARE OUR EMPLOYEE PRICE **$16,809*** Offer excludes taxes.

OR OWN FOR ONLY **$99**** @ **1.99%** APR BI-WEEKLY PURCHASE FINANCING FOR 84 MONTHS

NOW WITH $0 DOWN | OFFER EXCLUDES TAXES

WELL-EQUIPPED WITH: 2.0L 4-Cylinder Engine /// Active Grille Shutters /// Air Conditioning /// Remote Keyless Entry System **and much more.**

2013 ESCAPE S

6.3L/100km 45MPG HWY··
9.5L/100km 30MPG CITY···

Total Price Adjustments	$995

SHARE OUR EMPLOYEE PRICE **$22,234*** Offer excludes taxes.

OR OWN FOR ONLY **$145**** @ **4.99%** APR BI-WEEKLY PURCHASE FINANCING FOR 84 MONTHS

WITH $0 DOWN | OFFER EXCLUDES TAXES

WELL-EQUIPPED WITH: 2.5L Duratec® 4-Cylinder Engine /// Torque Vectoring Control /// Active Grille Shutters /// Power Windows **and much more.**

Platinum 4X4 model shown

2013 F-150 STX SUPERCAB

8.7L/100km 32MPG HWY··
12.5L/100km 23MPG CITY···

Employee Price Adjustment	$2,301
Delivery Allowance	$6,750
Total Price Adjustments	$9,051

SHARE OUR EMPLOYEE PRICE **$23,328*** Offer excludes taxes.

OR LEASE A **2013 F-150 XLT SUPERCREW** **$399***** @ **2.99%** APR PER MONTH FOR 36 MONTHS WITH $350 DOWN. OFFER EXCLUDES TAXES.

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Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. "Ford Employee Pricing" ("Employee Pricing") is available from July 3, 2013, to September 30, 2013, on the purchase or lease of most new 2013/2014 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, Medium Trucks, Mustang Boss 302, Shelby GT500 and all Lincoln models). Employee Pricing refers to A-Plan pricing ordinarily available to Ford of Canada employees (excluding any CAW-negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with CPA, GPO, CFP, Daily Rental Allowance and AX/ZD/F-Plan programs. †Until September 30, 2013, purchase a new 2013 Ford Focus S/Escape S/F-150 STX SuperCab 4x2/F-150 SuperCrew Platinum 4x4 5.0L [or $16,809/$22,234/$23,328/$48,110] after total Ford Employee Price adjustment of [$870/$995/$9,051/$14,759] is deducted. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of [$620/$995/$2,301/$7,489] and delivery allowance of [$250/$0/$6,750/$7,250]. Taxes payable on full amount of purchase price after total Ford Employee Price adjustment has been deducted. Offers include freight, air tax, PPSA (where applicable) and Ontario Environmental Charge but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. **Until September 30, 2013, receive 1.99% APR purchase financing on new 2013 Focus S and 4.99% APR purchase financing on new Escape S models for a maximum of 84 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: 2013 Focus S/Escape S] for [$16,809/$22,234] after Total Price Adjustment is a combination of Employee Price Adjustment [$620/$995] and Delivery Allowance of [$250/$0]), purchase financed at [1.99%/4.99%] APR for 84 months, with [$0] down payment, monthly payment is [$99/$145] or APR of [1.99%/4.99%] and total to be repaid is [$18,018/$26,390]. Down payment may be required based on approved credit from Ford Credit. All purchase finance offers include freight, air tax, PPSA (where applicable) and Ontario Environmental Charge but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. Taxes are payable on the full amount of the purchase price. ***Until September 30, 2013, lease a new 2013 F-150 SuperCrew XLT 4x4 model and get 2.99% APR for up to 36 months on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease the above model with a value of $30,940 at 2.99% APR for up to 36 months with [$350] down or equivalent trade in, monthly payment is [$399], total lease obligation is [$14,714], optional buyout is [$18,438]. Cost of leasing is [$2,168]. Offer includes $1,939 in Total Price Adjustments. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of [$6,089] and delivery allowance of [$7,250]. Taxes payable on full amount of purchase price after total Ford Employee Price adjustment has been deducted. Offers include freight, air tax, PPSA (where applicable) and Ontario Environmental Charge but exclude administration and registration fees of up to $799, fuel fill charge of up to $120 and all applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. ****Until September 30, 2013, receive 2.99% APR purchase financing on new 2013 F-150 4x4 5.0L – V8: 15.1L/100 km city and 10.7L/100 km hwy. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ‡When properly equipped. Max. payloads of 3,120 lbs/3,100 lbs with 5.0L Ti-VCT V8/3.5L V6 EcoBoost 4x2 engines. Max. horsepower of 411 and max. torque of 434 of F-150 6.2L V8 engine. Class is Full-Size Pickups under 8,500 lbs GVWR. ‡F-Series is the best-selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2012. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.

Car insurance just got more precise

Desjardins Insurance are the first to bring in new usage-based insurance policies. NEWS CANADA

Usage-based. The new, more accurate system has finally come to Canada so why not see if you can trim down your bill

Ask any driver across the country about what upsets them most about owning their car and chances are they'll say one word: insurance.

Not only does it seem to go up every year but there doesn't seem to be a way that a good driver can control his or her rates, until now. A system called usage-based insurance tracks a driver's habits and analyzes the data in order to calculate any potential insurance savings. It's a program that has been common in the United States, Britain and Europe for several years. Now, Canadians can start taking advantage of this tool.

This past May, Desjardins Insurance launched its usage-based insurance program — Ajusto. New and existing customers of Desjardins Insurance in Quebec and Ontario will be among the first in the country to use this new program and potentially save up to 25 per cent in addition to other savings offered by Desjardins Insurance. Ajusto will be launched in other provinces over the coming months.

How does it work?

The program measures three factors to determine cost savings:

- Distance travelled annually (up to 10 per cent off)
- Extent and frequency of hard braking and acceleration (up to 10 per cent off)
- Time of day the vehicle is driven (up to 5 per cent off)

"This is truly an innovative and personalized technology that will help transform the traditional model of car insurance. By tailoring premiums to individual driving habits in addition to traditional predictive factors such as age, gender, type of vehicle and home location, drivers can now take control of their savings," said John West, vice-president of Business Development at Desjardins Insurance. "Our studies show that our employees who participated in the Ajusto pilot program were on track to achieve an average additional savings of 12 per cent."

So how does it work? Ajusto is a free and voluntary program for owners of cars made in 1998 or later with limited exceptions. The driver's habits are tracked through a small wireless telematics device that is easily installed into the vehicle's diagnostic port, usually located under the steering wheel.

Quoted

"This is truly an innovative and personalized technology that will help transform the traditional model of car insurance."

John West, vice-president of Business Development at Desjardins Insurance

The data is collected and updated daily into an online dashboard. The customer can then access the dashboard to view a graphic of their savings. This same information is then used by Desjardins Insurance on a confidential basis solely to determine applicable savings upon renewal.

Premiums will not increase as a result of participating in the program nor will it result in any other adverse effects. Customers can opt-out of the program at any time and without penalty. NEWS CANADA

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GT model shown

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Horoscopes

♈ Aries
March 21 - April 20
There are so many positive factors at work in your life that you would be a fool not to set your sights high. Uranus, planet of changes, urges you to be adventurous. But do you really need encouragement?

♉ Taurus
April 21 - May 21
Not even a Taurus can be confident all the time and there will be times today when you fear the worst. Take a long, hard look at your life but don't change things just because you're feeling low.

♊ Gemini
May 22 - June 21
You will be spreading your opinions over the next 24 hours. Not everyone will agree with you, of course, but because you say it with such confidence it's unlikely they will argue with you.

♋ Cancer
June 22 - July 23
Employers are on your side now, so think how you would like to move up in the world then let them know you are ready. If in doubt, aim to do something completely different to what you usually do.

♌ Leo
July 24 - Aug. 23
Travel is very much on the cards today. You don't need to have a specific destination in mind, just get up and go where your fancy takes you and you are guaranteed to have fun.

♍ Virgo
Aug. 24 - Sept. 23
Get your financial house in order. Now is the perfect time to make changes in your cash flow habits. Be aware of how wasteful you have been.

♎ Libra
Sept. 24 - Oct. 23
You will face challenges today but you don't have to face them alone. Loved ones are always there for you and will stand by your side if you ask. Chances are you will come through unscathed.

♏ Scorpio
Oct. 24 - Nov. 22
Cosmic activity in the work area of your chart means others expect you to deliver. The last thing you want is to let them down. Pace yourself sensibly and get it done.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be in an assertive mood but don't pick fights with people just for fun. It's good to let off steam but it's not good if you end up making enemies of people.

♑ Capricorn
Dec. 22 - Jan. 20
Creative matters will go well today but you must not neglect affairs of the heart. Someone needs to be reminded of your passion and commitment, most likely because you have been a bit distant lately.

♒ Aquarius
Jan. 21 - Feb. 19
You have plenty to say and you could cause a bit of friction if you come on too strong. Sometimes it pays to steer clear of facts that others may not want to hear.

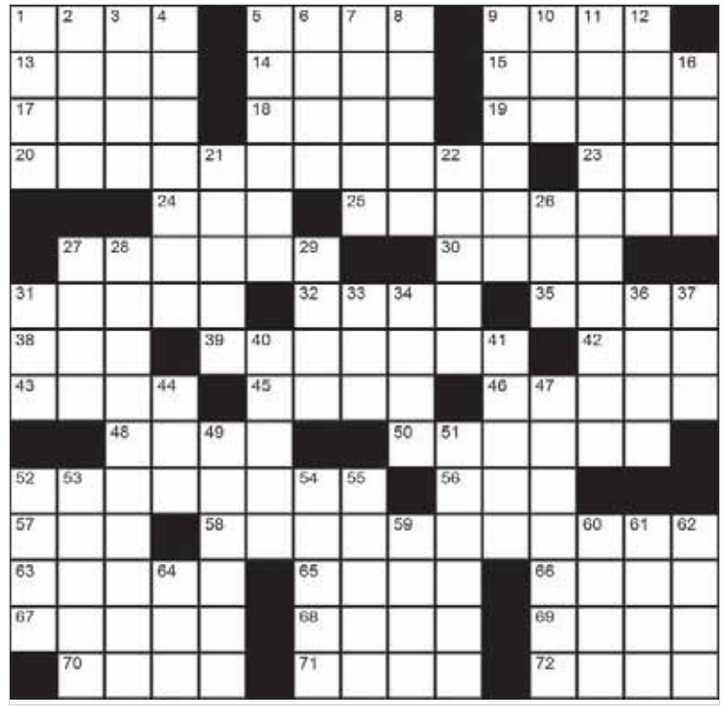
♓ Pisces
Feb. 20 - March 20
Positive cosmic activity in the money area of your chart will give you the courage to make much-needed changes. You may have to cut back on luxuries for a week or two.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



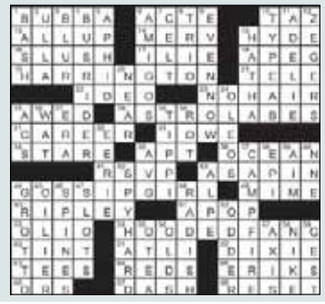
Across

1. Ms. Helgenberger
5. Monsieur Le Pew
9. Valley
13. Mideast chieftain, variantly
14. Q. "Do you prefer FM radio __ _ _?" A. "Both, actually."
15. Verbal tests
17. The Ramayana heroine
18. Certain cracker
19. Surrealist artist Max
20. Toxic clean-up togs: 2 wds.
23. __ casting
24. Gladiator's 1002
25. Glass Tiger lead singer: 2 wds.
27. Strong military city of ancient Greece
30. Decorative case
31. Sound loudly, as a radio
32. Singer/songwriter Lisa
35. Company bosses, collectively [abbr.]
38. Mouth, slang-style
39. Nuclear __
42. Bit of Beatles: "Isn't __ _ bit like..."
43. She sheeps
45. Non-vegetarian fare
46. Band of eight
48. Value
50. Have _ __ of energy
52. Who The Band backed: 2 wds.
56. Riddle-me-__
57. "...am right __ _ am wrong..." - The Beatles
58. __ and Immigration Canada
63. "Blame It __ __" (1984) starring Michael Caine
65. First name letter, e.g.
66. Ms. Reid
67. Celebrity chef Mr. DiSpirito
68. Quash
69. Creams company
70. Subsequently
71. "__ Brockovich"
72. Opposites of ouis

Down

1. Bangers and __ (Pub serving)
2. "What __ _ _ mind reader?"
3. Crackers brand
4. It's about sentences, etc.
5. Sticky notes brand
6. Ancient Greece's love god
7. The Taming of the Shrew setting
8. Internet mode of communication
9. Platinum Blonde hit: "__ Really Matter"
10. ETA part, for short
11. First Nation concern: 2 wds.
12. Vintage dairy products cow
16. Goulash
21. Broadcaster
22. Billy Blanks fitness system: 2 wds.
26. Fee-fi-fo-__
27. Shredded cabbage
28. Alternate name of Saskatchewan's provincial tree: 2 wds.
29. Winglike parts
31. "Adieu."
33. Wood sorrel
34. Songstress Ms. James
36. Encounter
37. Rat-a-__...
40. Ms. Sande of recent hit "Next to Me"
41. 1431: French city where Joan of Arc was executed
44. Down
47. BC locale of Columbia Brewery
49. Mogul
51. Cape __ Island
52. Barbarian
53. 'Ripley's Believe It' finisher: 2 wds.
54. 'Decor' finishing?
55. Ten-er - One-er = What-er?
59. Tube-shaped pasta
60. Beyonce ballad
61. Persia, nowadays
62. Remunerations
64. Drink chiller

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

		2	5			9		
1	3			7	8			
7			1				4	
9				1				3
		3				6		
5				2				7
	8				6			5
			4	9			8	6
		1			7	2		

Yesterday's Sudoku

3	2	1	7	6	5	8	4	9
9	6	5	2	4	8	3	1	7
4	7	8	9	1	3	2	5	6
2	9	7	5	3	4	6	8	1
5	1	3	6	8	9	7	2	4
6	8	4	1	2	7	5	9	3
1	5	6	3	9	2	4	7	8
8	3	2	4	7	1	9	6	5
7	4	9	8	5	6	1	3	2

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OFFER ENDS JULY 31ST

2014 EARLY ARRIVALS EVENT

0%** FINANCING

UP TO 84 MONTHS

THE 2014s ARE HERE SO THE 2013s HAVE TO GO! 2013 CLEAROUT SPECIALS!

Rio4 SX with Navigation shown△

Optima SX Turbo shown△

Soul 4u Luxury shown△

2013 RIO SEDAN

HWY (M/T): 5.3L/100KM
CITY (M/T): 6.9L/100KM

OWN IT FROM **$82**≠ BI-WEEKLY
WITH **$0** DOWN
AT **0%** APR

–OR– GET $2,000 CASH SAVINGS‡ ON SELECT TRIMS

INCLUDES 6 BI-WEEKLY PAYMENTS ON US¤ ON RIO ONLY

INCLUDED FEATURES:

6 Airbags • Satellite Radio • Anti-lock Brakes
Electronic Stability Control
Steering Wheel Mounted Audio Controls

Bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees, and **$900 "6 BI-WEEKLY PAYMENTS ON US" SAVINGS¤**. Offer based on 2013 Rio Sedan LX MT with a purchase price of $15,783. Excludes HST.

2013 OPTIMA

HWY (A/T): 5.6L/100KM
CITY (A/T): 8.6L/100KM

OWN IT FROM **$126**≠ BI-WEEKLY
AT **0%** APR
WITH **$0** DOWN

INCLUDED FEATURES:

200 HP • Keyless Entry • Air Conditioning
Bluetooth° • Cooling Glove Box

Bi-weekly for 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees and **$1,000 LOAN SAVINGS**. Offer based on 2013 Optima LX MT with a purchase price of $23,983. Excludes HST.

2013 SOUL

HWY (M/T): 6.5L/100KM
CITY (M/T): 8.1L/100KM

OWN IT FROM **$98**≠ BI-WEEKLY
AT **0%** APR

INCLUDED FEATURES:

6 Airbags • Anti-lock Brakes
Electronic Stability Control
Bluetooth° • Heated Front Seats

Bi-weekly for 84 months with $499 down payment. Offer includes delivery, destination, fees and **$500 LOAN SAVINGS**. Offer based on 2013 Soul 1.6L MT with a purchase price of $18,878. Excludes HST.

2013 SPORTAGE

Sportage SX shown△

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.7L/100KM

AVAILABLE ALL-WHEEL DRIVE

NOW ONLY **$19,993**‹ INCLUDES **$4,185** CASH SAVINGS‡

INCLUDED FEATURES:

Air Conditioning • Heated Front Seats • Satellite Radio • Steering Wheel Mounted Audio Controls • Bluetooth° • Keyless Entry

Offer includes delivery, destination, fees and **$4,185 CASH SAVINGS‡**. Offer based on 2013 Sportage 2.4L LX MT FWD with a purchase price of $24,178. Excludes HST.

5 Year Warranty

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

Best Global Brands 2012 Interbrand

GTA KIA .ca

KIA ENTERS 50 BEST GLOBAL GREEN BRANDS. Best Global Green Brand 2013

Kia's new Customer Friendly Pricing includes delivery and destination fees, dealer admin. fee up to $399 and all mandatory government levies. Prices do not include licensing or applicable taxes.

KIA

The Power to Surprise

Offer(s) available on select new 2013/2014 models through participating dealers to qualified retail customers who take delivery by July 31, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to $1,665, $34 tire recycling/filter charges, $5 OMVIC fee, environmental fee, variable dealer administration fees (up to $399) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. **0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ¤6 Bi-Weekly Payments On Us offer is available on approved credit to eligible retail customers who finance or lease any new 2013 Rio from a participating dealer between July 3-31, 2013. Customers will receive a cheque in the amount of six payments (excluding taxes) to a maximum of $300 per month or can choose up to $900 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends July 31, 2013. ≠Bi-weekly finance payment O.A.C. for new 2013 Optima LX MT (OP54ID)/2013 Rio4 LX MT (RO54ID)/2013 Soul 1.6L MT (SO95ID) based on a selling price of $23,983/$15,783/$18,878 is $126/$82/$98 with an APR of 0% for 84/60/84 months, amortized over an 84-month period. Offer includes loan savings of $1,000/$0/$500. Estimated remaining principal balance of $0/$4,252/$0 plus applicable taxes due at end of 60-month period. Retailer may sell for less. See dealer for full details. ‡Cash purchase price for 2013 Sportage 2.4L LX MT FWD (SP95ID) is $19,993 and includes a cash savings of $4,185 (which are deducted from the negotiated selling price before taxes and cannot be combined with special lease and finance offers). Retailer may sell for less. *$4,385/$2,000 cash savings on the cash purchase of an eligible new 2013 Sportage 2.4L LX MT FWD (SP55ID)/2013 Rio4 LX MT (RO54ID) from a participating dealer between July 3-31, 2013, is deducted from the selling price before taxes and cannot be combined with special lease and finance offers. Some conditions apply. ^Model shown Manufacturer Suggested Retail Price for 2013 Optima SX Turbo AT (OP748D)/2013 Rio4 SX with Navigation AT (RO749D)/2013 Soul 2.0L 4u Luxury AT (SO759D)/2013 Sportage 2.0T SX Navigation (SP759D) is $35,550/$23,450/$27,345/$39,145. ^Highway/city fuel consumption is based on the 2013 Rio4 1.6L GDI 4-cyl (M/T)/2013 Optima 2.4L GDI 4-cyl (A/T)/2013 Soul 1.6L GDI 4-cyl (M/T)/2013 Sportage 2.4L MPI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.